The Valley Patriot

"Congress shall make no law..."

'Weather 101' with Al Kaprielian
Page 3

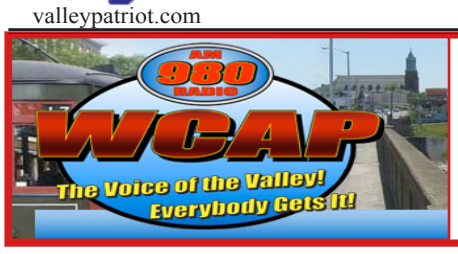
NEW ENGLAND PRESS ASSOC. AWARD WINNING NEWSPAPER

2004 — 11+ YEARS OF NEWS & VIEWS — 2015

valleypatriot.com

A FREE MONTHLY JOURNAL OF NEWS, COMMENTARY AND EVENTS, SERVING MA & NH

August, 2015
Volume 12, Issue 8
Edition 142



Serving the Merrimack Valley with locations in North Andover & Methuen.
978-470-0800
ofc Doctors Express® URGENT CARE

See Our Ad on Page 3
TARSHI LAW OFFICE
510 ESSEX ST
LAWRENCE, MA 01840
(978) 686-1821

TITLE BOXING CLUB
TITLEBoxingClub.com

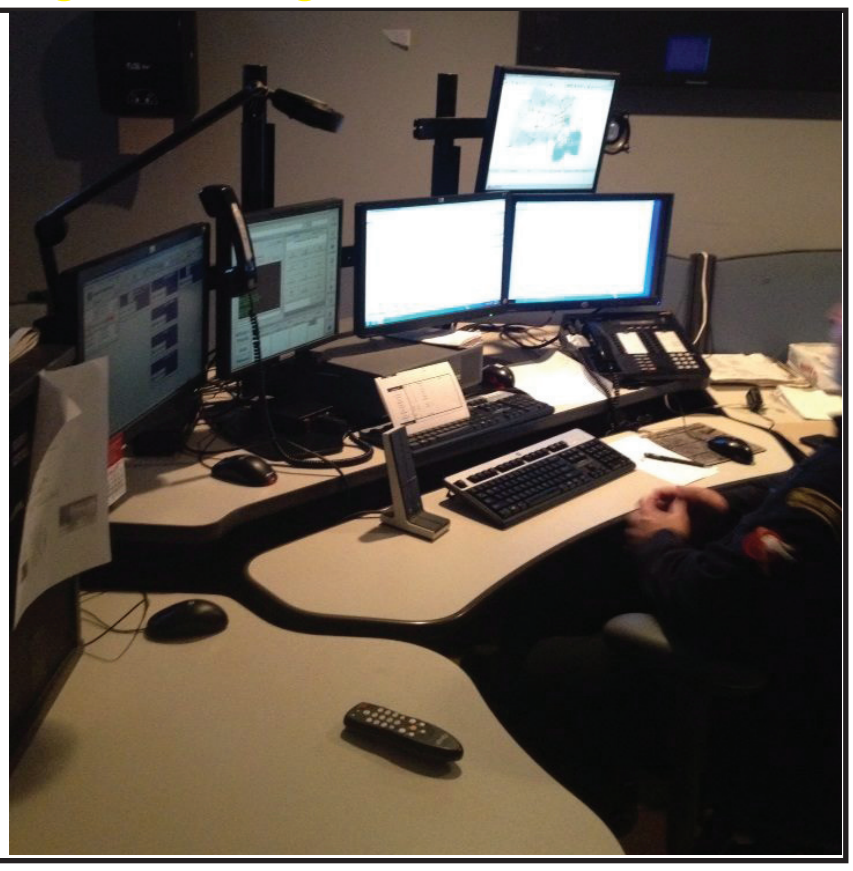
SEE PAGE 7

Dispatcher Targeted with Fake Story

Police Chief Pledges Full Investigation Into Who Released Confidential, Personnel Files to the Press

Viral news stories of a racist Lawrence dispatcher hanging up on Spanish callers was not true.

PAGE 11



INSIDE this edition!

Jeff Katz
HOPE: Page 2

Veteran 1, 33, 34, 35
Opinions/Katz.....2
Tom & Al 3
Massachusetts.....3 & 21
The Andovers.....5-6
Lawrence.....6,11, 12,14, 19, 30
Tom Duggan's Notebook.....8-9
Political Cartoon.....9
Methuen.....13-15
Health.....14,27-28,31
Massachusetts.....6, 21, 28, 31
N.H.....16
Lowell.....17
Culture War.....20
Salisbury/Nbpt.....23
Religion/Radio.....24
Mommy/Teens.....25
TV/Food.....26

Justess Jacobson
Manchester
PAGE 16

Christine Morabito
"Cape Wind"
PAGE 21

Cheryl Hajjar
Babies & Briefcases
PAGE 25

Sen. Ives
PAGE 21

Dani Langevin
Lesbian Columnist
PAGE 20

Valley Patriot of the Month

HEROES IN OUR MIDST - HUDNER AND BROWN

Sidney Smith
VALLEY PATRIOT GUEST CONTRIBUTOR

When is the last time you heard anything encouraging from the race relations standpoint?

Never?

Well, here is one, and I would be willing to venture that less than one American in over ten thousand has ever heard of it. The story involves Mississippi and Massachusetts.

So ... how can Hattiesburg, Mississippi involve Fall River, Massachusetts?

October 13,1924 was the birth date of Jesse L. Brown in Hattiesburg, Mississippi. It would prove to be a banner day, but no one at the time knew it. Jesse's Dad was literally a dirt-poor sharecropper and his home had nothing modern: no electricity, no water, only an outdoor privy and an open fireplace. Jesse was one of six kids and his upbringing was typical of the time and place until ... one day when Jesse's Dad took him to a small field, which served as a local landing spot for the very occasional airplane. Jesse was hooked but good and from that moment on, his conversation was full of questions about airplanes and flying.

And oh how Jesse wanted to fly.

Now I ask you, can you imagine the derision with which Jesse's dreams were met?

What would you care to wager that some people just ignored his foolishness while others thought he must be "touched". Little black kids anywhere, but especially in the South, had less than no chance of affording flying lessons, let alone be even considered for flying lessons. But then another unlikely dream began to grow: it was 1936 and another (older) black kid in a far off country became an Olympic Champion. His name was also Jesse ... Jesse Owens.

Our Jesse became so excited and encouraged by that event that he tried to study everything he could about how Owens had done it. Once again, reality rained all over Jesse's parade as he learned that Jesse Owens had attended Ohio State University but that the minority presence at OSU was at best maybe one percent. But Jesse Brown hung in there and even moved to a neighborhood that had a slightly better school system. About that time, Jesse learned that: 1. He should go to a "black" school, 2. He had no chance of getting admitted to OSU. It was now 1937 and young Jesse was so incensed that he wrote a letter to the President of the United States. President Roosevelt's office sent him a reply ... that only acknowledged the receipt of his letter.

Years passed in which Jesse excelled at many sports, but WWII came along and messed things up for almost everyone.

BUT...

Jesse L. Brown was actually admitted to OSU! It had to have been more than difficult for him, but Jesse saw it through. Later, even though WWII had ended, Jesse wanted to fly, so having learned that even among military aviators, the Naval Aviator's program was considered the toughest there was ... Jesse Brown wanted it. Even more unlikely was the fact that the elite of the elite were the U.S. Navy Aviators who were aircraft carrier qualified and that was what Jesse set as his goal. But first, Jesse would have to get accepted into the naval officer cadet program, and at that

HEROES: PAGE 34

Mount Vernon Dental Solutions
GENERAL DENTISTRY
525 South Broadway
Lawrence, MA 01843
(978) 682-0641

Gentle Care
From a
Knowledgeable
& Experienced
Dentist
Dr. Mikhail Gomer
* Professional & friendly Dentist & Staff
* We will listen to your concerns & explain your options
* Thoughtful Staff makes you feel relaxed
* Our patients love to refer us to their family & friends
New Patient Offer
Regular Cleaning*, Exam and X-rays
ONLY $99.00!
*In absence of gum disease. Reg price $250.
Expires: 09/10/15

Ashfield Proves Why MA Needs Public Records Reform

The following are just two letters sent to us about public records violations in the town of Ashfield, MA. As The Valley Patriot continues to fight for public records reform, we want to remind members of the legislature and our readers that public records are illegally being concelaled all over the state with no consequences.

MGL Ch 66. mandates that public agencies turn over public records withing ten days upon request. But the 40 year old law has no penalties for those officials who simply refuse to comply. As the result, public officials have no inventive to reveal records that may embarass them or implicate them in wrondoing. Here is a peek into the fight for public records disclosure in Ashfield, only one of many.

Dear Supervisor of Records:

I realize it is incumbent upon me to prove records exist when public official's statements are to the contrary and agents for the municipality deliver to the Supervisor of Records an official letter attesting there are no records responsive to a citizen's request. This is nearly impossible for a citizen to successfully contest. Proceeding to prove records exist by contacting other agencies that may have received the very same documents for similar matters and finding there are more records is unworkable because there is no penalty in place to charge public officials with providing false information to a state agency and publically harming the requester under the Public Records Law and Access Regulation.

By removing the proof records exist and knowing there will be no repercussions, specific public official's pontificate, ridicule the requester and hold them in place for community mobbing, or malign the requests as impeding government. Without any recourse for the requester, public officials can retaliate against individuals by abusing their positions of authority in an effort to satisfy their own personal gratification in harming someone questioning their applied authority, as happens in Ashfield.

How does one petition Secretary of the Commonwealth to address two issues for Public Records Reform regarding the Appeal process? The first one concerns the common occurrence of using an official answer of "no records responsive to a request". The second covers the premise that public officials have integrity and therefore, the citizen challenging the above assertion is presumptively untruthful, closing the Appeal. Without exhausting records searching, and cross referencing, it's very difficult to prove records are being withheld or removed from discovery.

It's taken me months to locate records to prove the "current" Ashfield Police Chief's statement"there are no records responsive to my request" is inaccurate (SPR14/668). I lost data on two computers making it nearly impossible to retrieve information, but finally located several documents. One of the necessary documents is attached to a letter to the Select Board about errant FDA DUNS use of the Ashfield Police Department. Among the attachments is a letter from the 'former" Ashfield Police Chief Droney about the issue. According to Public Records Law and Access Regulation Law, a letter such as that must remain on file. This letter is part of a series of documents that must remain on file with the Police Department and with the Select Board, but the "current" Police Chief's official statement maintains there are no records responsive to my request. This means one of two things, either the documents exist and must be produced or they have been discarded making the police department in violation of record retention laws. Either way there should be some penalty.

Is this a matter for the ACLU as it does involve the greater good for all citizens across the country; to enable citizens to access public records without reprisal? The letter I found certainly removes the municipality's ability to demonstrate my actions as impeding government. It sheds a very specific light onto Ashfield's process associated with their "home rule, we rule" policy.

As a former Mission Coordinator, Massachusetts did not enjoy its highest ratings by the Air Force for my lack of acuity to track locations of down planes with or without a flight plan, originating from states beyond New England, or within Massachusetts. Tracking flights and discussions can be an arduous process but a very necessary step by step process to arrive at a final destination. Same process applies to public records discovery where there is no magical method to make documents reappear on their own.

AS we reached out for mediation not one select board member is willing to express what the mediation is supposed to accomplish is rather pointless if the municipality cannot identify its own goals. In fact, simply to hire a mediator without disclosing the municipality's concerns is risk analysis not mediation, and another effective gas lighting tool to lessen Public Records Reform.

Respectfully submitted by Suzanne M Corbett PO Box 81, Conway, MA 01341-0081. albah0022@gmail.com,

***

Dear Senators and Representatives,

I write to you as a former member of the Select Board in the town of Ashfield, MA.

Please when you vote the Public Records Reform Bill keep in mind not all towns have taken proper steps to keep public records on their websites. If all meeting minutes and I do mean all for every board and committee in the town are kept online many people can serve themselves online instead of sending requests to town hall employees. In 2015 this needs to be a requirement not an option.

It is also necessary to put the documents related to all of those meeting minutes online for citizens to access (redacted if necessary). This will reduce the number of requests needing to be answered by town hall staff and thereby reduce the work load required to find all of these papers in antiquated time consuming manual filing systems. Many years of information easily fit online and can easily be searched compared to filing cabinets and boxes.

For a town to continue to attempt to block or demand a change to the law, and at the same time the town takes no action to make it easier and timely for its citizens

PUBLIC RECORDS: PAGE 14

Maybe There Is Hope After All

Jeff Katz
VALLEY PATRIOT COLUMNIST

A few weeks back, The Bride and I had to fly from Seattle to San Francisco and then on to Boston. The experience at SEA-TAC was the worst I've encountered in a long time. Ridiculous lines. Nasty T.S.A. flunkies. Delayed planes. Nobody seemed to care, and I was in a pretty foul mood by the time we had made it from Seattle to SFO.

The airline never told us that we'd need to change planes in San Francisco, but we made our way from one gate to the other only to find yet another delayed flight. We plugged in our phones to charge. Purchased some overpriced snacks from an airport vendor so we would not have to buy the overpriced snacks on board the plane. And then we waited. And waited. And then waited some more.

Finally, we got on board our plane, which had the same flight number as the plane we left more than an hour ago but it was a different plane. We settled in to our seats and got ready for the cross-country flight. Then The Bride reached in to her "tech bag" and her face dropped. "I left the iPod on the other plane."

Before we even lifted off, we alerted the flight attendant that we had left the iPod on the other plane, but he said that there was no way to contact the crew on the other plane. They were literally just a few gates away, but he claimed that there was no way to get in touch with them. He suggested we go online and report the iPod as lost. My wife used her phone and filled out the online form, but we were sure it was gone. It wasn't just the issue of losing the device; it's the fact that the iPod in question really belongs to my disabled daughter Julia at this point.

Julia may be twelve years old but developmentally she's eighteen months old and her musical tastes are, in large part, those of a toddler. Plenty of good nursery rhymes, some Beatles tunes and music from the television show, "Jack's Big Music Show." I don't know how, but The Bride has been able to load hours and hours of music on to the iPod in such a way that they flow just right to keep my daughter happy. It's almost a full time job to make sure that the music is assembled and loaded in just the right way, but my wife always makes sure it is done.

For the better part of six hours, my wife beat herself up for forgetting the iPod. She'd simply forgotten and left it in the seat pocket but she might as well have thrown it full force in to a volcano to hear her talk. It wasn't her hard work loading it that concerned her; it was the fact that our daughter's unique collection of tunes was lost. There's no way, we were sure, that we'd ever see the iPod again.

Someone is going to sit in that seat, reach in to the pocket and find that iPod. Maybe they'd look around but no way are they going to do anything but take it, I thought. Maybe the cleaning crew would find it first or a flight attendant but, I was sure, they'd simply think they hit the lottery and get down to the business of ditching Julia's music and replacing it with their own.

Imagine my surprise when two days after our return, The Bride walked up to me and showed me the email letting her know that the iPod had been recovered and all we needed to do was pay the $13.75 for shipping to have it returned.

Julia is still rocking out to her tunes, The Bride is no longer beating herself up and I am forever grateful that seat 17A was occupied by a person who cared enough about someone they'd never met to do the right thing.

THE JEFF KATZ SHOW

Jeff Katz hosts an award winning daily talk show, heard from 3PM to 6PM on iheartradio and NEWSRADIO WRVA. You can follow him on twitter @jeffkatzshow and also at facebook.com/radiokatz

The Valley Patriot is published monthly before the tenth of each month by The Valley Patriot, Inc., 75 Main St., North Andover, MA 01845. All contents Copyright (c) 2012, Valley Patriot, Inc. All rights reserved. Subscriptions are $50 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., PO Box 453, North Andover, MA 01845.

Letters to the editor, columns and op/eds can be submitted to **valleypatriot@aol**.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

PHONE: *(978) 771-4091*
www.valleypatriot.com

News tips: Phone in anonymous news-tips to (978) 683-3952, or you may email tips to us at valleypatriot@aol.com. We respect the anonymity of our sources if requested.

President/Publisher: Tom Duggan, Jr.
SALES: Eva Montibello: 617-669-7181
Copy Editor: Christine Ryan
Corrections: Please contact the editors at ***valleypatriot@aol.com***

The Valley Patriot can be found in more than 900 locations in 51 communities in Massachusetts and NH.

The Valley Patriot is not responsible for, nor do we necessarily share the opinions of columnists and contributors that are published in the paper. Columns, by definition, are opinion pieces.

The Valley Patriot is printed by Graphic Development in West Hanover, Mass.

Local daily news updates are online at facebook.com/valleypatriot

PRIVATE TUTORING

MATH, LATIN, ENG, LAW, STANDARDIZED TESTS

ELEM., MIDDLE, HIGH, UNDERGRAD

DR. BOB GALLAGHER

$30 ONLINE SKYPE/VIDEO

IN-PERSON @ LIBRARY-HOME NEGOTIABLE

978-255-4595

HOMEWORK IS LIKE A SCARY MOVIE: FUN IF SOMEONE'S WITH YOU

(prestando attencione!)

PAYING ATTENTION!

with Tom Duggan

Shenanigans

Last month the Massachusetts Legislature delayed a scheduled vote on a public records reform bill after getting pressure from the very politicians who will have to pay the price for concealing such public documents.

The Massachusetts Municipal Association (MMA) initially opposed the public records reform bill, but after realizing there was too much momentum in favor of the bill, they decided to try and water it down instead. That required a delay, which they managed to get, and it now seems like they are going to get their way.

Initially, the bill I wrote, (S1700, sponsored by Senator Ives and Rep. DiZoglio) to make sure there was a personal fine handed out to public officials who break the law. The fine was $50 per day for every day that a public official refuses to comply with MGL Ch. 66.

The reason public officials must be personally fined is because some officials have no problem breaking the law when the penalty is so low that it's of no consequence. Former Lawrence Mayor Willie Lantigua blatantly told me we would never get the documents we were seeking back in 2012 adding that "the money doesn't come out of my pocket, so I don't care."

After making it through several subcommittees in the house and senate, and after several revisions, Senate Bill S1700 became House Bill 3665. But, the subcommittee Chairman, Peter Kocot, watered down the bill by taking out the provision that would have fined public officials personally. Now they are going to make the fines payable by the cities and towns, which means YOU the taxpayers will pay for their refusal to comply.

And they kept the fine at $50 a day, which doesn't even cover the cost of paperclips in city hall in Lawrence. So, if the legislature thinks that they can get away with pretending there's a consequence for breaking the public records law under the

SHENANIGANS: PAGE 30

"WEATHER 101" WITH AL!

It's HURRICANE SEASON!!!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Clouds are classified by different levels: high, middle, low and towering.

High clouds, known as cirrus clouds, are thin, feathery and hair-like. They are too thin to produce any precipitation, and can often precede a low pressure system. They can also produce a halo around the sun and moon. Mid-level clouds are known as altocumulus clouds, which make for a pretty sky cover.

Low clouds, known as stratus clouds, produce fog. Fog is a cloud at ground level that can occur during the summer when warm, humid air moves over cooler ocean waters. It can also form when warm, moist air moves over a cold snow cover.

This can have a large impact on travel, especially affecting the vision of airplanes landing and taking off. Stratus clouds can produce drizzle, but not rain, because the water droplets are not large enough to do so. These clouds occur when the temperature cools to the dew point, which causes the saturation to form the stratus clouds.

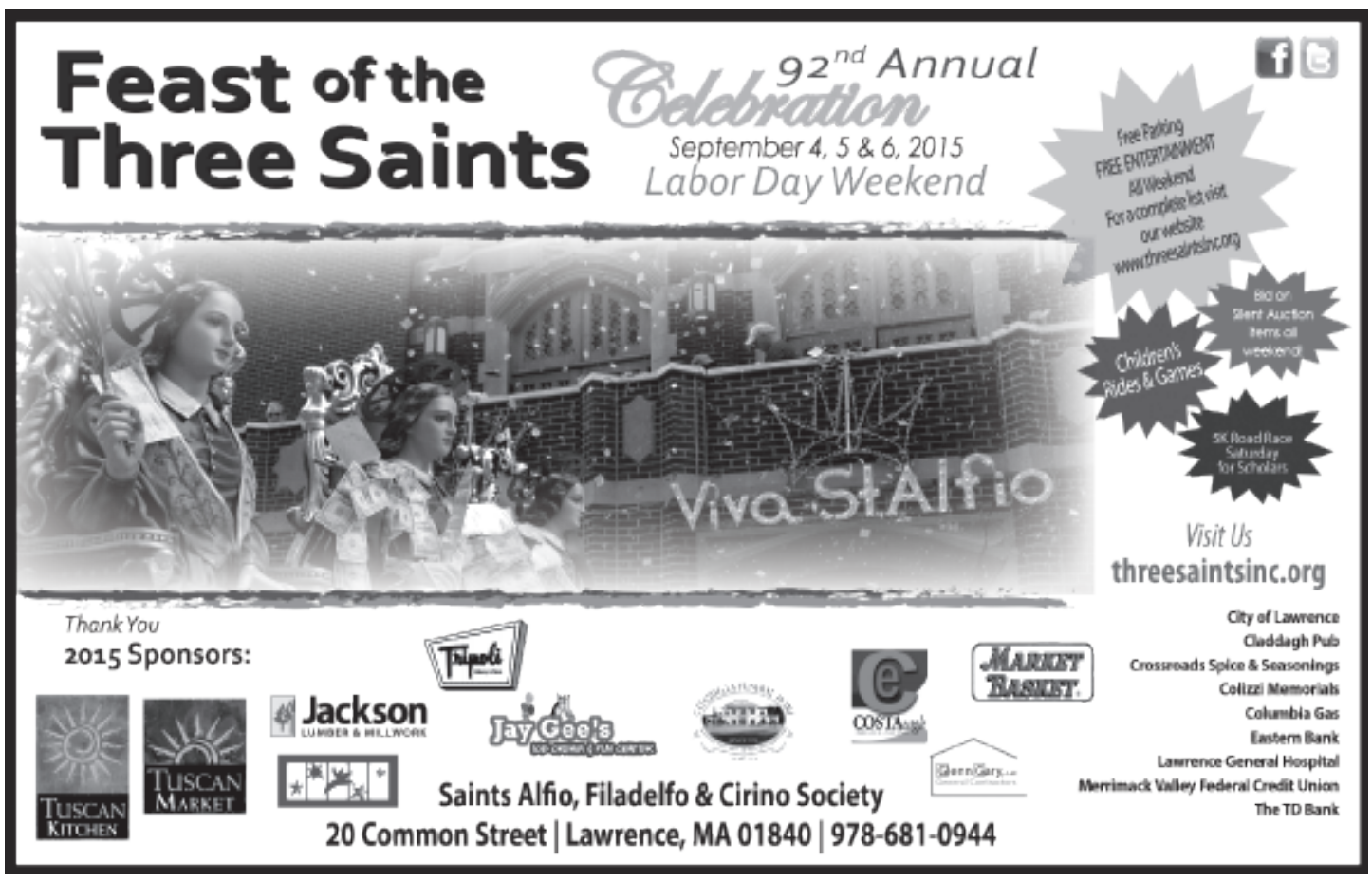
When the sun hits the ground, the warm air rises, and as it rises, it cools. It eventually cools to the dew point, which causes saturation, and this continued process

eventually transforms a cumulus cloud into a big cumulonimbus cloud ('nimbus' means rain). A cumulus cloud is not as large as a cumulonimbus cloud, which makes it difficult to produce rain, and in turn making the cumulonimbus cloud's raindrops bigger.

The cumulonimbus cloud is towering cloud with a flat, anvil top. This is caused by the air diverging (spreading out) at the top of the cloud. Convergence (air coming together) occurs at the base of the cumulonimbus cloud. This cloud produces thunderstorms, which if severe, could form a tornado. A tornado is a funnel-shaped cloud that reaches the ground, but sometimes a funnel cloud may stay aloft and never actually reach the ground.

In conclusion, clouds are caused by warm air rising from the heat of the sun. When this warm air rises, it cools due to expansion. It eventually cools to the dew point and totally saturates the air, forming clouds. Second clouds also form when the temperature cools to the dew point, only there is no upward vertical motion to the air. An example of this is the formation of stratus clouds. Because there is no upward vertical motion to stratus clouds the water droplets in these clouds are not large enough to cause rain.

Al Kaprielian is a world famous meteorologist who has worked for several New Hampshire and Massachusetts media outlets. He is now an EXCLUSIVE columnist for The Valley Patriot. You can hear Al's weather forecast daily on 980WCAP in Lowell as well as on the Paying Attention! Radio Program on Saturday Mornings at 10:35AM. Email your questions and comments to 7al61@comcast.net.



Proud Valley Patriot Advertisers Since 2004!

TARSHI LAW OFFICE

Personal Injury Law

Atty. J. Tarshi
Atty. J. Edwards

TARSHILAWOFFICE.COM

WORKMENS COMP

ATTY JOHN I. TARSHI
978-686-1821 24/7
510 ESSEX ST., LAWRENCE, MA 01840

Deli Catering Headquarters

When Mama Is Not Around...
NORTH END DELI
We Are !

Daily Lunch Specials

* Corporate Catering
* Office Parties
* Family Parties
* Wedding Parties
* Party Platters
* Homemade Sausages
* Calzones...

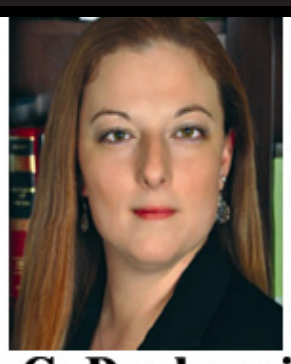
BEST RICE BALLS ANYWHERE!

TheNorthEndDeli.com **North End Deli** calzonecity.com

95 Common St., Lawrence, MA - phone - 978.688.3539 fax 978.688.3559

Employment Law * Family Law * Criminal Law

Ellen C. Shimer-Brenes, Esq.tt



Taylor G. Dauksewicz, Esq.t

SHIMER and DAUKSEWICZ, LLP

* Unemployment Benefits
* Sexual Harassment
* Wrongful Termination
* Age / Race / Gender/ Religion
* Representing Employees & Employers
* Landlord Tenant Law
* Custody / Visitation
* Child Support Alimony
* Contempts / Modifications
* Divorce / Separation Agreements
* Guardianships / Adoptions
* Motor Vehicle Offenses
* Assault / Battery
* Drug Charges
* Probation Violations
* Larceny / Embezzlement Cases
* Wills
* Health Care Proxy
* Power of Attorney
* Qualified Domestic Relations Order

tt Licensed in MA & NH t Licensed in MA

www.s-dlegal.com MasterCard VISA (978) 225-6197

Kick Start Your Day at The Coffee Cann Cafe

COFFEE | COMFORT | COMMUNITY

Our cafe offers wi-fi, music, and plenty of room for relaxing, business meetings, study groups, or a long chat with an old friend.

COFFEE CANN CAFE

www.coffeecanncafe.com | 978-208-1907 | 290 Merrimack St. Suite 1 Lawrence, MA

BRADSTREET SCHOOL COMES DOWN ON MAIN ST.

Photo of a North Andover Firefighter hosing down the demolition of the Bradstreet School on Main St., just a day before the entire building came down. Residents came by throughout the day to take photos and videos.

DiZoglio to File Bill Exempting Active Duty Military from Excise Tax

State Representative Diana DiZoglio (D-Methuen) says she believes those who put their lives on the line for our country in the United States military should not have to pay excise taxes.

DiZoglio said on Thursday that under her proposed legislation, active duty members of the military would be exempted from motor vehicle excise taxes while serving.

"If I had my way veterans and active duty military wouldn't have to pay any taxes, but this bill is a good start. We need to be making it easier for people to volunteer to serve our country and they shouldn't have to worry about all these bills piling up back home while they are overseas fighting for us."

Currently in Massachusetts, disabled veterans and former prisoners of war have the opportunity to apply for a motor vehicle excise tax exemption. but that does not apply to all active duty members during their service.

DiZoglio says her legislation comes on the heels of Methuen City Councilor Thomas Ciulla's introduction of a measure exempting active duty members from the excise taxes in Methuen. Ciulla's proposal passed unanimously and DiZoglio says she thinks it's a good idea to do statewide.

Methuen Councilor Tom Ciulla said he was inspired to address the issue by a constituent, Diane Amato, who reached out to him about the challenges she and her daughter Alfina, (who is serving in Afghanistan), face with excise taxes. Even though Alfina is abroad serving the country and unable to use a vehicle stateside, she is charged with a motor vehicle excise tax.

This is not the first bill DiZoglio filed this year in regard to the motor vehicle excise tax. Another sponsored bill, House Bill 2484, "An Act relative to Motor Vehicle Excises Taxes", is designed to simplify the excise tax process and prevent multiple excise charges from piling up.

"In recent years, through the passage of such legislation as 'The Valor Act', we have made great strides in the legislature in improving services to our courageous veterans," said DiZoglio.

"We have for years provided disabled veterans and former prisoners of war with the ability to be exempted from motor vehicle excise taxes and I feel strongly that this opportunity should be expanded to all active duty military members during their service. I want to thank Councilor Ciulla for his tireless work in bringing this issue to the forefront."

"We need to make the excise tax process easier for our veterans, who all too often are penalized while giving the ultimate sacrifice serving our nation," said Ciulla. "It's about time we protect our citizens who serve to protect us."

valleypatriot.com

Tomorrow's Eagle~Tribune stories ... TODAY!

THE CENTER AT PUNCHARD

All events require pre-registration online at www.myactivecenter.net or call (978) 623-8321 and come in advance for any payment.

SELF DEFENSE FOR WOMEN - BoomerVenture - Thurs., August 27th from 6:45-8:15pm. $22. Take control and find courage as you learn techniques to defend yourself from aggressors. Learn to recognize imminent danger as well as verbal and physical aggression before the possibility of an attack can occur. Techniques will include diversion/distraction, action vs. reaction and information about your personal "bubble zones" of safety. Daughters and granddaughters welcome - you will work in pairs. Kristin LaShoto, Homeland Security.

GRILL NIGHT - August 27th from 5-7pm. Pre-payment required. Prices start at $5 for a complete meal. Movie will follow at 6:30pm. Community is welcome.

Trip to Newburyport - August 17th, from 10am to 3pm. $8. Relax dockside with the ocean as your companion. Pick from a variety of lunch options and eat in or sit on a bench outside. Shop, browse, meander…your choice!

Weekly classes are offered in aerobics (seated to very vigorous), strength training, beginning and intermediate yoga, basic and performance tap dancing. Open Art studio drop in as well as a book club, knitting & fiber arts meet regularly as well. Call to inquire.

The Center at Punchard (The Center), 30 Whittier Court, Andover. Hours 8am to 4pm. Pre-registration required for all events and space is limited. Register at www.myactivecenter.com. Open to entire community, pending space. Call for information: 978-623-8321. Or visit www.andoverseniorcenter.org for our complete listings.

NORTH ANDOVER SENIOR CENTER

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call the North Andover Senior Center to set up an appointment.

Upcoming Socials: Come see what's cooking at the Senior Center. Eating healthy can have a positive impact on your life. Evidence suggests regularly eating healthy, well-balanced meals contributes to sustained weight maintenance, a better mood and increased energy levels. If you are interested in taking part in our "Wednesday Fresh Table" you need to register by Friday to attend the following Wednesday luncheon. The cost of the lunch is $5. Once you sign up there are no refunds or rescheduling toward another Wednesday due to the planning and purchasing of the food and supplies in advance.

UPCOMING IN AUGUST:

Fuller Craft Museum: in Brockton, Friday August 14th. Bus departs 9:30. Van cost is $6. Admission to the museum is FREE, as a part of Free, Fun, Friday. Lunch on your own at the Stoneforge Grill in Easton.

Supper Club: Blue Marlin Grille in Essex. Bus departs at 4pm. Van charge is $6. Make your reservations with reception. Sign up begins August 5th.

CHESS CLUB: Interested in LEARNING or TEACHING? Call reception at 978-688-9560 to sign up.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for $7, Tuesdays with George Chory and Thursdays with Tom Kooken. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

S.H.I.N.E. VOLUNTEERS: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday of the month, in June, July and August.

NEWS & VIEWS: Every Wednesday at 10–11:30. Come and join in the lively discussion of current events, politics, history and you never know what else!

MEET WITH AN ATTORNEY: Atty. Ramsey Bahrawy, August 18th. Schedule with Reception-first consult is free.

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is $2 - $4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist ($25), 3rd Friday of every month from 8:30-2:30.

WALKING GROUP- Our Walking Group walks at the Old Town Common during the summer at 9 a.m., Monday through Friday.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers.

You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

From North Andover to London My Year Abroad

By: Vipsania Pimentel

While most of my classmates were getting ready to enter the real working world after our college graduation, I was packing a suitcase, and getting ready to move thousands of miles across the Atlantic Ocean. After studying abroad in Florence, Italy as an undergraduate, I never imagined that I would have the opportunity to live in Europe once more. However, during my senior year of college I made the decision that I wanted to continue my education, and go to grad school for my Masters. When a friend told me she had applied to graduate schools in Dublin, I began to consider a postgraduate degree abroad. After several months of researching schools and programs, I finally decided to obtain my Masters at Richmond, The American International University in London.

Although I had studied abroad as an undergraduate, it felt different moving to London as a postgraduate student. I was older, more mature, and felt a larger sense of independence from that of my first year in Europe. Not many college students are aware of the possibility and benefits of going abroad as a graduate student. In fact, many Americans identify the lack of sufficient funding, and a degree not recognized in the United States to be the main factors deterring them from pursuing a postgraduate degree overseas. Several factors influenced my decision of course,

Vipsania Pimentel in front of London's Tower Bridge

but these were the top reasons why I chose to obtain my Masters degree in London.

No GRE

Most postgraduate programs in the United States require the GRE, or other standardized exams, as a part of the application process. UK universities, however, do not oblige students to take any form of standardized tests, making the application easier and quicker. I'm terrible at standardized tests, so this was definitely one the aspects that attracted me to apply in the UK. While most of my friends spent hours

ABROAD: PAGE 29

Teacher Speaks Out on Poor Treatment in Lawrence Schools

To the Editor:

I am one of the 59 Lawrence teachers whose contract was not renewed this year. Recently, on June 11, you reported on this.

I would like to share with you and possibly your readers my experience teaching within the Lawrence Public School District. I have taught in Lawrence at two different schools during the 2012-2013, 2013-2014, and 2014-2015 school years. It is my hope that by sharing this, the public may be more aware of the experience of teachers within the district. It is also my hope that the district may in the future better support the faculty in serving students as well as notice patterns, strengths, and weaknesses in their management.

I was told my contract would not be renewed two weeks before the close of school. My portfolio had yet to be reviewed. (Every teacher in the state has to create a portfolio with evidence of four standards. This is to be reviewed by administers in April.) Three days before the last day of school, I received my summative evaluation in an email. Even though I received it June 16, it was post dated April 20. I believe this is just one of many examples of the lack of transparency and support within the school. Lack of timely feedback from the administration is a common thing in the district. Meaningful growth cannot happen without timely feedback.

Also, I have a hard time believing there

is a growth mindset within the district when I was observed in March by my administrator, but only received the review of the March observation in mid-May. It was a critical review of my performance, yet it was not critical enough to notify me right away to make the recommended adjustments to better serve the students. Either my performance was misjudged, or the administrator remiss in notifying me in a timely manner of critical weaknesses in my teaching. I truly believe that my administrator has the best interests of the students in mind. Seeing that she was lackadaisical about notifying me of her review of my performance, I can only assume she didn't

TEACHER: PAGE 29

Anne's Andover Notebook

Anne Knowles
ANDOVER COLUMNIST

Patrons of Memorial Hall Library, Andover have a new online website to peruse. The new site is easy to use and has a very complete menu so that all questions pertaining to the Library can be easily answered. Congratulations to the staff, friends of the library, patrons and others, who contributed to the design of the web-page.

The Punchard Senior Center continues to offer many wonderful opportunities for residents of Andover this summer. Trips for shopping, visiting local area points of interest and in house movies at the Center are just the tip of interesting things to do this season. The monthly newsletter is available through the web site or can be mailed to anyone who would like to receive the newsletter. Call the Center at 978-623-8321 to be put on their mailing list.

The Andover Farmer's market is in full swing each Saturday from 10am until 2pm.

Visit the Market for an outstanding array of produce from nearby farms, handmade artisan items, unique gift ideas, baked goods "so-good" plus an ideal way to spend a few hours meeting friends and neighbors.

Location for the Farmer's Market is Andover Village Square, to the rear of the Historical Society, 97 Main Street. Off street parking is available.

***

Attention is being paid about the various Scams and Frauds that many Senior residents can fall prey to by sophisticated and unscrupulous con artists. According to the National Council on Aging (NCOA) many seniors are targets for scams and frauds each year with serious consequences both in lost of money and or identity.

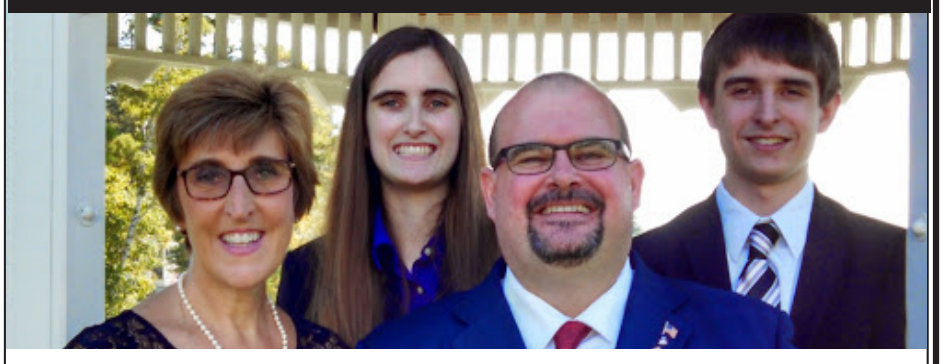
Ten of the most prevalent are Medicare and health care insurance fraud, counterfeit prescription drugs, and funeral scams. Telemarketing or over the phone scams seem to be quite prevalent. Over the past several weeks, I have received several calls that tell me I have received "federal grants" in amounts ranging from $6000 to $7500. All I have to do is give them my "information" including a credit card, so the money can be sent directly to me. Oh, I also do not have to repay this amount; it is totally free from the government.

Sweepstakes or lottery scams, investment frauds, anti-aging scams seem to be very prevalent, as well as home mortgage refinancing. The people who perpetuate these scams and frauds can be very convincing and will tell the seniors whatever they want in order to complete the transaction.

Andover is fortunate to have a police department that is serious about combating this assault on its citizens, especially the elderly. Officer Robin Cataldo, stated that many of these "scam artists" prey on seniors year round. Telephone solicitations are among the most prevalent. A national DO NOT CALL registry is available for those who do not want unsolicited phone calls at www.donotcallregistry.gov.

For those who do not use a computer, Officer Cataldo can be reached at 978-475-0411 ext.1004. Leave your name and phone number and she will contact the registry for you.

HAVE YOU CREATED A PLAN TO PROTECT YOUR FAMILY IN THE EVENT YOU ARE NO LONGER HERE?



REMEMBER . . . It's never too early to consult an attorney about life changing events that affect *YOU AND YOUR FAMILY!*
Attorney Paul D. Lambert has been assisting people like you with their estate planning and real estate needs for more than 23 Years.
Call: 978-609-6420 E-Mail: PDLLAW@comcast.net
Call or e-mail ME, Attorney Paul D. Lambert for a free initial consultation!
Concentrating in Estate Planning (Wills & Trusts), Probate, Real Estate, Landlord-Tenant Law, and Business Law since 1990.
Make Attorney Paul D. Lambert *Your Family's Lawyer* TM

The Irish Cottage
Restaurant & Pub
Conveniently off 93 Exit 46
1111 Riverside Dr.
Methuen, MA
978-208-4347
Check our Website for Specials and Coupons!
www.theirishcottagepub.com
Join Us Here At The Irish Cottage
Game Time Give-A-Ways Sponsored By Bud Light
August A Busch Companies
Open 7 Days A Week
For Breakfast, Lunch and Dinner.
Half Priced Breakfast Every Wednesday!
All You can eat Breakfast Buffet Every Sunday!!
9 HDTV's
Surround Sound
40c Wings
Game Time Specials
Game Time Reservations
BUD LIGHT

Sal's PIZZA | SINCE 1990
STRAIGHT FROM — BOSTON'S NORTH END

NORTH ANDOVER

Get your Valley Patriot at SAL'S!

490 Main St. 978-689-7374

EMPLOYMENT LAW

Know Your Rights

* Wrongful Termination
* Unemployment Benefits
* Sexual Harassment
* Breach of Contract
* Severance Agreements
* Americans with Disabilities Act
* Discrimination
* Family Medical Leave Act

CRIMINAL LAW

OUI * Drug Crimes * Assault & Battery * Restraining Orders
Burglary/Robbery

DIVORCE

"Providing Experienced Legal Representation in All Areas of Divorce Law"

* Contested or Uncontested * Child Support
* Restraining Orders * Alimony * Modifications
* Visitation Rights * Custody * Mediation

TIMOTHY F. STARK

Serving The Merrimack Valley Since 1991

Initial Divorce Consultation FREE!

www.timfstark.com

Make Sure You Know Your Rights

805 Turnpike Street, North Andover, MA

VISA 978-937-1330 978-685-8777 MasterCard

meineke® car care center

Save on Service

$10.00 OFF ANY SERVICE OVER $100
$20.00 OFF ANY SERVICE OVER $200
$50.00 OFF ANY SERVICE OVER $500

Save on factory maintenence and more!
* EXPIRES SEPT. 9, 2015

A/C Check

* EXPIRES SEPT. 9, 2015

FREE CHECK

* Check A/C Temp & Opration
* Check Belts
* Monitor Air Flow From Vents
* Visual Inspection of the A/C Components

Brake Pads & Shoes

* EXPIRES SEPT. 9, 2015

50% OFF

SAVE NOW ON BRAKE PADS AND SHOES!

FATHERS DAY RAINCHECK

* EXPIRES SEPT. 9, 2015

50% OFF

Preferred Oil Change
$34.95 Value for $17.47

(978) 237-5256

50 Winthrop Ave,
Lawrence, MA 01843

Monday-Friday: 7:30AM - 6PM
Saturday - 7:30AM - 4PM

www.meineke.com

Whether you float like a butterfly or have two left feet, you'll burn up to 1,000 calories an hour and build a leaner, tougher body with our total-body boxing and kickboxing workouts. **That's how you earn your TITLE.**

Now Open 137 Turnpike St, North Andover, MA | 978.620.0233 | Facebook/TitleBoxingClubNorthAndover

TITLE® BOXING CLUB

TITLEBoxingClub.com

TOM DUGGAN'S NOTEBOOK

PUBLIC PARTICIPATION SHENANIGANS IN SALISBURY

Last month while watching the Salisbury Selectmen meeting, I noticed how openly and blatantly they violate their own policies for public participation at their meetings. I also noticed how they rudely talk over members of the public and rudely cut them off when they have something to say that the selectmen would rather conceal.

They call public participation "comments by visitors" in Salisbury, which gives you a real look into their disdain for the public since the "visitors" who comment are actually Salisbury voters, and by the way, their bosses. I find it interesting that the Salisbury selectmen see the taxpayers and voters as "visitors" in their domain, and it is further reflected by the way they treat their "visitors".

"Visitors" who wish to comment on town issues at a Selectmen meeting, have to wait until the end of the agenda before they are allowed to speak ... you know... after the selectmen do their own bidding on town business.

Then, when the selectmen finally finish their own business and open up the microphone to "visitors comments" (for those who had to sit through the whole meeting just to speak on their one issue), they disregard their own three minute rule and allow those who praise the board to speak as long as they want, while cutting off people saying things they don't like after ten or 20 seconds.

Public participation at government, public meetings should never be shoved to the end of a meeting agenda. Those government bodies that employ this tactic only do so to discourage public involvement and transparency. What's more, public bodies that respect the voters and taxpayers, at the very least, have the appearance of fairness, while public bodies like the Salisbury Board of Selectmen prefer to have no time keeper, and apparently don't even follow their own rules when a "visitor" has something to say that they don't like ... or in the case of last month's meeting ... when the person speaking at the microphone is someone they personally despise and have personally targeted for political retribution.

The Salisbury Board of Selectmen conducts the town's business as if you, the taxpayers and voters of Salisbury, work for them, not the other way around. But it's the people of Salisbury who must demand a change and force their subordinates on the board to have a more uniformly applied procedure for public participation. And they can start by not demeaning the voters by calling them "visitors".

REPRESENTATIVE FRANK MORAN RECOGNIZES WORK OF MERRIMACK VALLEY INTERN

This summer, the office of State Representative Frank A. Moran (D-Lawrence) welcomed Justin Bustamante as a part-time intern. As a legislative intern, he spent six weeks participating in briefings, administrative projects and daily seminars where business leaders, elected officials, and various political personnel spoke on a broad range of issues.

"It was a pleasure having Justin in the office, experiencing firsthand all that goes on to make our communities stronger," said Representative Moran. "A State House internship is a unique opportunity to experience the impact government can make and I am happy to have been able to share this opportunity with Justin."

BACK TO SCHOOL EDUCATON TAX CREDITS - IRS SUMMERTIME TAX TIP

If you, your spouse or a dependent are heading off to college in the fall, some of your costs may save you money at tax time. You may be able to claim a tax credit on your federal tax return. Here are some key IRS tips that you should know about education tax credits:

· American Opportunity Tax Credit. The AOTC is worth up to $2,500 per year for an eligible student. You may claim this credit only for the first four years of higher education. Forty percent of the AOTC is refundable. That means if you are eligible, you can get up to $1,000 of the credit as a refund, even if you do not owe any taxes.

· Lifetime Learning Credit. The LLC is worth up to $2,000 on your tax return. There is no limit on the number of years that you can claim the LLC for an eligible student.

· One credit per student. You can claim only one type of education credit per student on your tax return each year. If more than one student qualifies for a credit in the same year, you can claim a different credit for each student. For instance, you can claim the AOTC for one student, and claim the LLC for the other.

· Qualified expenses. You may use qualified expenses to figure your credit. These include the costs you pay for tuition, fees and other related expenses for an eligible student. Refer to IRS.gov for more on the rules that apply to each credit.

· Eligible educational institutions. Eligible schools are those that offer education beyond high school. This includes most colleges and universities. Vocational schools or other postsecondary schools may also qualify. If you aren't sure if your school is eligible:

* Ask your school if it is an eligible educational institution, or

* See if your school is on the U.S. Department of Education's Accreditation database.

· Form 1098-T. In most cases, you should receive Form 1098-T, Tuition Statement, from your school by Feb. 1, 2016. This form reports your qualified expenses to the IRS and to you. The amounts shown on the form may be different than the amounts you actually paid. That might happen because some of your related costs may not appear on the form. For instance, the cost of your textbooks may not appear on the form. However, you still may be able to include those costs when you figure your credit. Don't forget that you can only claim an education credit for the qualified expenses that you paid in that same tax year.

· Nonresident alien. If you are in the United States on an F-1 Student Visa, the tax rules generally treat you as a nonresident alien for federal tax purposes. To find out more about your F-1 Student Visa status, visit U.S. Immigration Support. To learn more about resident and nonresident alien status and restrictions on claiming the education credits, refer to Publication 519, U.S. Tax Guide for Aliens.

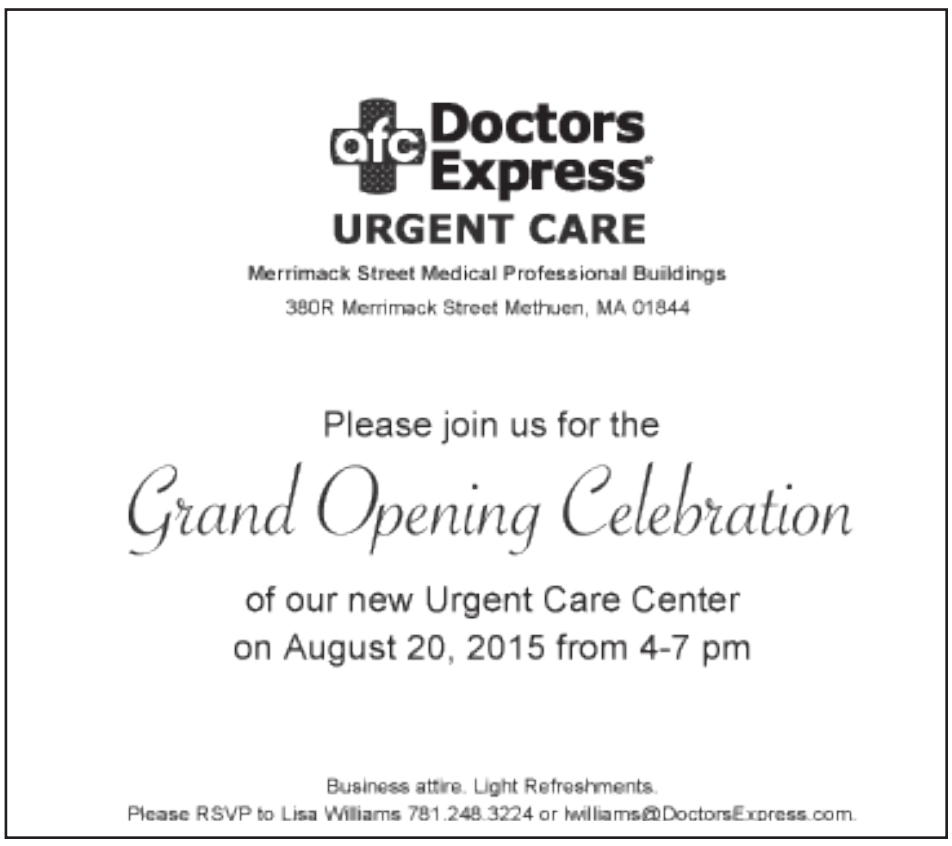
· Income limits. These credits are subject to income limitations and may be reduced or eliminated, based on your income.

Visit IRS.gov and use the Interactive Tax Assistant tool to see if you are eligible to claim education credits. Visit the IRS Education Credits Web page to learn more. Also see Publication 970, Tax Benefits for Education. You can get it on IRS.gov/forms at any time.

SPLASHING THROUGH HAPPY HOUR: Christine Wood Henshall, Christine Morabito, Tom Duggan, and Penny Hale.

WE MISSED YOU MIKE!

We invaded Salisbury last month and took over Splash Liquid Lounge at the Salisbury center and in case Michael Gilbert of the Salisbury Liquor Commission is wondering, the drinks were on me! Too bad ol' Mike didn't make it to the event, we would have been happy to show him a good time.


Doctors Express
URGENT CARE
Merrimack Street Medical Professional Buildings
380R Merrimack Street Methuen, MA 01844
Please join us for the
Grand Opening Celebration
of our new Urgent Care Center
on August 20, 2015 from 4-7 pm
Business attire. Light Refreshments.
Please RSVP to Lisa Williams 781.248.3224 or lwilliams@DoctorsExpress.com.

LAWRENCE - ILLEGAL CONTRACT WORK - Within the last five months, the City of Lawrence Inspectional Services Department has issued citations to over a dozen contractors doing work in Lawrence for conducting illegal construction projects on numerous properties throughout the city. These contractors were cited due to their lack of applying for proper permits before the construction began. "This is a public safety issue. Unpermitted work can mean structurally unsound work." said Mayor Daniel Rivera. "Our inspectors are out in full force. Whenever they see a job being done illegally, the project will be shut down until proper permitting is obtained." Without proper permitting, insurance claims put forth by property owners are not covered.

Citations issued over the last five months range from illegal roofing jobs to interior alterations and fire alarm work. A large factor in this problem is the lack of information to residents. Residents need to know that when they hire a contractor for a home improvement job, that contractor needs to pull a building permit from the city. "We are starting to see more and more illegal construction as the summer goes on," said Inspectional Services Director Pat Ruiz. "Contractors agree to do jobs at times when they think our inspectors are not out surveying properties (specifically on the weekends), and that is how we have been catching them. We want these contractors to understand that pulling a permit is not negotiable, it is mandatory."

The top home improvement jobs that residents do not know they need permitting for include: roofing, building of porches and decks, interior home upgrades (kitchens, bathrooms), electrical work, plumbing, pool installations (both above ground and in-ground), etc.

HAVERHILL - Tattersall Farm Day: A New England Style Agricultural Event

Sunday, September 20, 2015 at 12-5 p.m. located at Tattersall Farm, 542 North Broadway, Haverhill, MA. Live Music, food and beverages, local traditional crafters and artisans, live animals, farm history, horse and tractor drawn hay rides, face painting, pony rides and much more! Admission: Adults $5. Children under 17 free! Rain Date: September 27th. www.Tattersallfarm.org

SALES TAX HOLIDAY

Lawrence State Representative Frank Moran joined his colleagues in the Legislature to approve a bill creating a sales tax holiday on August 15 and 16, 2015. The legislation is designed to provide relief to consumers and increase sales for local businesses.

"The sales tax holiday is a shot in the arm for individuals, families and businesses alike," said House Speaker Robert A. DeLeo (D-Winthrop). "While the Massachusetts economy is continuing to improve, folks are still facing tough fiscal times. By passing this legislation, we reaffirmed our commitment to helping hardworking families, particularly as the school year begins."

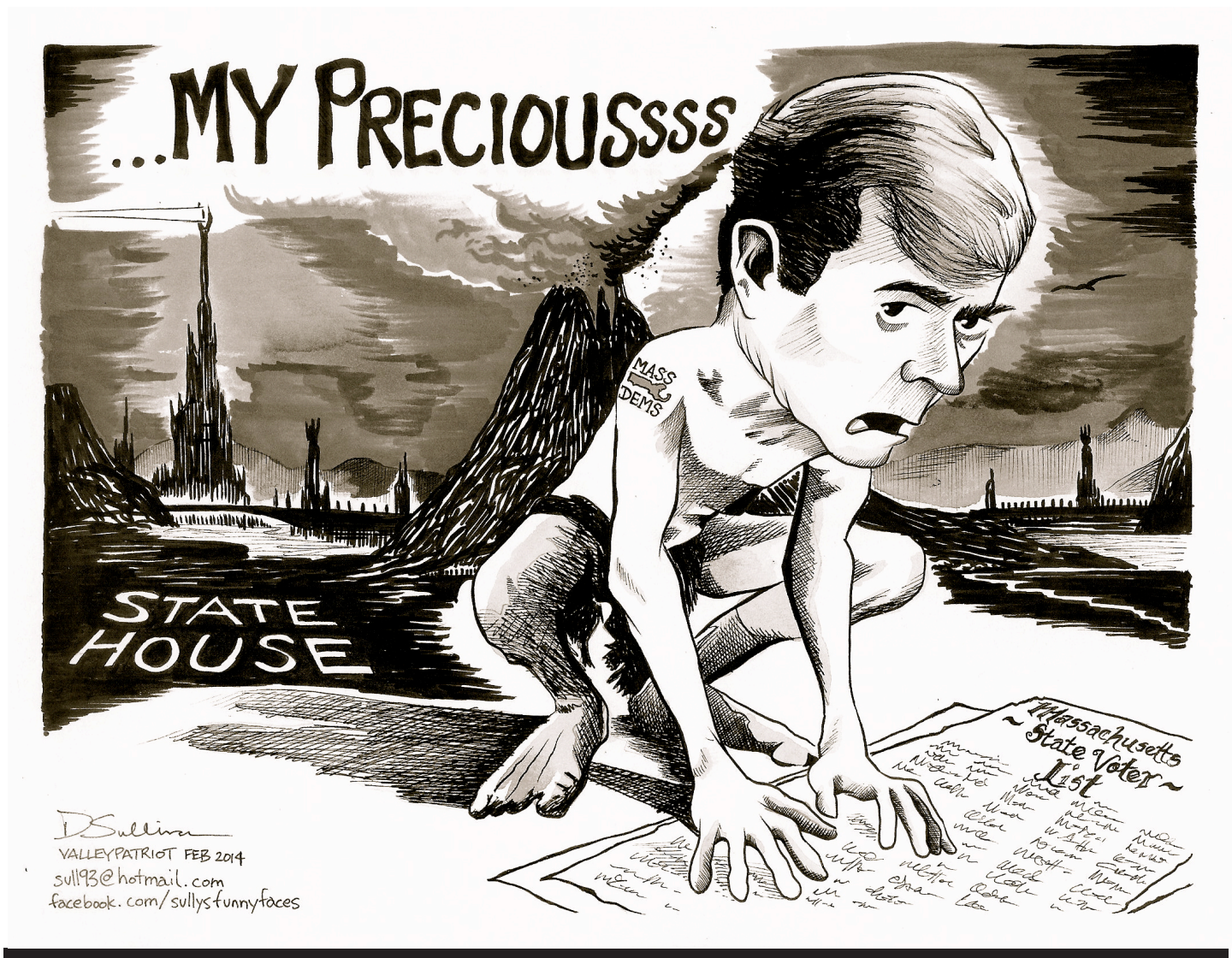
"The summer sales tax holiday is a benefit to both consumers and businesses during a particularly slow period," said Representative Joseph Wagner (D-Chicopee), House Chair of the Joint Committee on Economic Development. "Suspending the tax in August leads to an increase in sales at a time when retailers could use a boost and allows families to save on a

CONTINUED UNDER FREDDIE

FREDDIE SAYS

"Happy Birthday to Caleb who is one year old this month ... also I have decided to donate the extra hair on my snout to Donald Trump for his next comb over."

SPONSORED BY
DAILY DOSE CAFE
at PENTUCKET MEDICAL
IN LAWRENCE
978-557-8601



Our custom cartoonist Dave Sullivan of Dracut took the month off so we thought we would showcase one of his best cartoons of the last year. Secretary of State Bill Galvin portrayed as Golum of Lord of the Rings guarding the states super-secret, state-wide voting list. The Secretary of State has a compiled list of all voters in Massachusetts but by law it is "not a public record". Once we finish our fight to change the public records law, out next goal is to force the release of the secret state-wide voting list.

variety of purchases, including back-to-school items."

"I am happy to support this initiative," said State Representative Frank Moran (D-Lawrence). "This has been a good strategy for businesses in my district and across the Commonwealth to interact with consumers at a time when they are prepared to contribute to the financial success of businesses all across the Commonwealth."

As in previous years, the sales tax holiday will apply to purchases under $2,500. It excludes vehicles, motorized boats, tobacco, meals and utilities.

The bill now goes to the Governor for his signature.

GLOUCESTER BLOCK PARTY series offers free entertainment and fun for all ages. Each of the block parties has a unique theme with live music, street performers, a talent competition, children's activities, dog shows, and more. Main Street will be closed to vehicle traffic from 6-9pm so there will be plenty of room for dancing in the streets to the live entertainment! Shops and restaurants along the road will be open late and will be offering up some of their best products and delicious treats to partygoers. There are only two block parties left so make sure to mark your calendars! On Friday, September 4th, kickoff the start of the Schooner Festival with the last Block Party of the season. For more information and a full line-up of activities, go to: http://www.gloucesterblockparty.com. When: Friday September 4th, From 6pm-9pm, Main Street in Gloucester, MA 01930 Price: Free. Media contact: Carol Thistle. cthistle@gloucester-ma.gov

ANDOVER CHESS CLUB

Still looking for thing to do as summer grinds on? Don't forget that IM David Vigorito is running 2 week-long chess camps the weeks of August 3 and August 17 with half-day and full-day options -- each located at the Greater Lawrence Technical School. You can contact Dave atdvigorito@msn.com for more details or check the flier that I have sent previously.

Check masschess.org regularly for upcoming tournaments and events including

8/11 GM Larry Christiansen at South Station 12-2 pm - play a legend. FREE

9/5 New England Open K-12 Scholastic tournament (Boxborough)

9/6 New England Open K-3 Scholastic tournament (Boxborough)

9/7 New England Open K-6 Scholastic tournament (Boxborough)

New Downtown Lawrence Location for Point After Club

POINT AFTER CLUB - The Point After Club, a program of Vinfen, recently celebrated the opening of a new location in Downtown Lawrence.

Founded in 1980 in Lawrence, the Point After Club is a community rehabilitation center that offers people who have a mental illness with hope and opportunities to achieve their full human potential. Members and staff work together to operate the clubhouse and develop opportunities for members in education, employment, social activities and more. The new space, which was showcased during an open house on June 18, is located at 15 Union Street #70.

"Vinfen's Point After Club community is extremely grateful to the partnership that brought our dream of a new home here in Lawrence to fruition," said Point After Club Director Tom Coppinger. "Our appreciation goes out to Marianne Paley the owner of the Everett Mills and her Building Manager Tom Brown and his crew. This allows us to continue our mission to deliver quality Clubhouse services in a beautiful state of the art facility. We also want to thank the entire Lawrence legislative delegation who honored us with a citation recognizing the 35 years that Point After Club has assisted individuals from the Merrimack Valley in their recovery from mental illness."

"I was delighted to present on behalf of the Lawrence legislative delegation a congratulatory citation to the Point After Club in honor of the opening of their new location and for 35 years of providing important mental health services," said State Representative Diana DiZoglio (D-Methuen). "The Point After Club provides people a place to belong and to meaningfully work and is a truly invaluable asset to our community."

"There are many people in our community who are working or in school because of the Point After Club," said State Senator Barbara L'Italien (D-Andover). "I'm so pleased they have a great new location that's spacious, bright and inviting. It was an honor to attend the opening and present the Point After Club with a congratulatory citation from the Senate in recognition of their service to the Lawrence community for more than 35 years."

"It was great to see the new Point After Club space which will be home to a variety of services and great work already being done in our community," said State Representative Frank A. Moran (D-Lawrence). "I was proud to join in celebrating a new chapter and look forward to partnering with this terrific organization."

"I was pleased to be part of the grand opening event of the Point After Club at the Everett Mills," said State Representative Marcos A. Devers (D-Lawrence). "I support their diligent work in creating a safe and supportive environment for their members."

PHOTO: RICH RUSSELL

Massachusetts Governor Charlie Baker (R) was in Lawrence last month and took a minute to say "Release the Public Records!" as he displayed his copy of The Valley Patriot at Lawrence Community Works.

Haverhill COA Offers Downsizing Event -

Are you considering a move and downsizing to a retirement community? The Haverhill Council on Aging is hosting an information session with several local companies to provide valuable assistance for seniors who wish to maintain their independence. Representatives from The Residence at Salem Woods, a mobile showroom of Senior Assisting Furniture and Equipment, and Peggy Connolly of Here for You will be at the Citizens Center on Wednesday, August 19, at 1pm. The Residence at Salem Woods is Salem, New Hampshire's newest senior living community offering independent living, assisted living, and memory care. The Residence at Salem Woods is currently under construction and plans to open in the spring of 2016. The community is con-

NOTEBOOK: PAGE 32

VALLEY MONUMENTS

BUILDING MEMORIES THAT LAST FOREVER

MONUMENTS
CEMETERY LETTERING
MARKERS
CARVINGS
SCULPTURES, & ETCHINGS
MONUMENT CLEANING
LANDSCAPE GRANITE
ACCESSORIES

ANY DATE (EXAMPLE: 2012) ENGRAVED $75

SIMILAR SAVINGS ON ALL ENGRAVING

Translator available by appointment

1111 RIVERSIDE DRIVE, METHUEN, MA 01844
EMAIL US AT INFO@VALLEY-MONUMENTS.COM
PHONE: 978.685.8500 - FAX: 978.685.8510

BUSINESS HOURS: MON-FRI: 9-5PM, SAT: 8-12PM
OR ANY TIME BY APPOINTMENT.
WWW.VALLEY-MONUMENTS.COM

A FAMILY BUSINESS FOR FIVE GENERATIONS

COLIZZI MEMORIALS

Michael A. Colizzi: President
217 Merrimack Street, Methuen, MA 01844
(978) 674-7035 * Fax: (978) 674-7037
Colizzimemorials@comcast.net
www.colizzimemorials.com

Colizzi Memorials is committed to helping famliles capture the spirit of their loved ones by building beautiful, lasting tributes that will stand the test of time.

Merrimack Valley's Premier Memorial Provider

MONUMENT SALES
CEMETERY LETTERING
BRONZE, MARKERS
CIVIC MEMORIALS
MAUSOLEUMS
COLUMBARIUMS
MONUMENT CLEANING

We are independently Owned and Operated.
NOT affiliated with any other Corporation

Northern Process Servers
Serving all Civil Process

Ronald Bertheim
Bonded Constable
Notary

252B Pleasant St.
Methuen, MA 01844

Tel 978-685-0093
Fax 978-689-3377

northernprocess@gmail.com

Michaud Insurance Agency, Inc.

105 Haverhill Street
Methuen, MA 01844
978-685-2549
1-877-233-2275
Auto ~ Home ~ Umbrella ~Business

For over 30 years we have been bringing Merrimack Valley families, individuals and businesses superior products and customer service.

For more information check out our website
www.bestinsurancemerrimackvalley.com

Safety Insurance
AUTO • HOME • BUSINESS

Despite Media Reports, Lawrence 911 Dispatcher is Not Suspended for Hanging up on Spanish Speaking Callers

Tom Duggan
VALLEY PATRIOT PUBLISHER

Explosive new details have come to light revealing that viral media reports on a 911 dispatcher in Lawrence, whose "job is on the line" over hanging up on Spanish-speaking callers … is false.

CBS news and other outlets reported this week "A 911 dispatcher's job is on the line for hanging up on callers who couldn't speak English."

An investigation by The Valley Patriot shows that the dispatcher's job is not "on the line" over hanging up on callers who can't speak English, and that audio tape recordings of 911 calls leaked to the media were doctored and purposely misrepresented.

Ed "Ike" Gabriel head of the SEIU union in Lawrence told The Valley Patriot that the 911 dispatcher is not on suspension because of any of the calls released to the media and played on TV.

"She had a complaint about a previous case that was already settled and that's why she's out on leave," Gabriel said. "It had absolutely nothing to do with these calls being played on TV."

Gabriel also said that anyone listening to the entirety of the phone calls broadcast on TV new would see that the story was simply "made up."

"First of all, one of the callers who spoke no English was not calling on the 911 line as reported in the press, he called the Lawrence Police business line," Gabriel said.

TRANSLATION PROCESS

Gabriel also says that callers to 911 can have their calls translated with a special program on the internet where translators can be brought into the phone call, online and translate for the dispatcher what the caller is saying.

"But they don't have that capacity if someone calls the business line. This is the standard operating procedure for all 911 call takers,"Gabriel said.

That claim is backed up by Lawrence City Councilor Marc LaPlante's report to The Valley Patriot in 2013 when he toured the station and the 911 call center, as well as Captain MacNamara of the Lawrence Police who confirmed it on 980WCAP.

The other phone call used in the CBS report (and other media stories) shows that the a caller on a 911 line who claimed not to speak English at the beginning of the call, then spoke English fluently for more than two minutes with dispatcher. Police logs show that media reports of her hanging up on callers and refusing to send a cruiser is also not true.

"The fact is, this dispatcher did everything she was trained to do. She kept the person on the phone until she could determine the facts and dispatched a cruiser to the scene. What's more, her supervisor, Captain MacNamara signed off on that call as a good call. Now suddenly CBS and the Eagle Tribune are reporting that she is on suspension because of these calls is 'simply not the case'."

POLICE DOCUMENTS ILLEGALLY LEAKED - CHIEF VOWS FULL INVESTIGATION

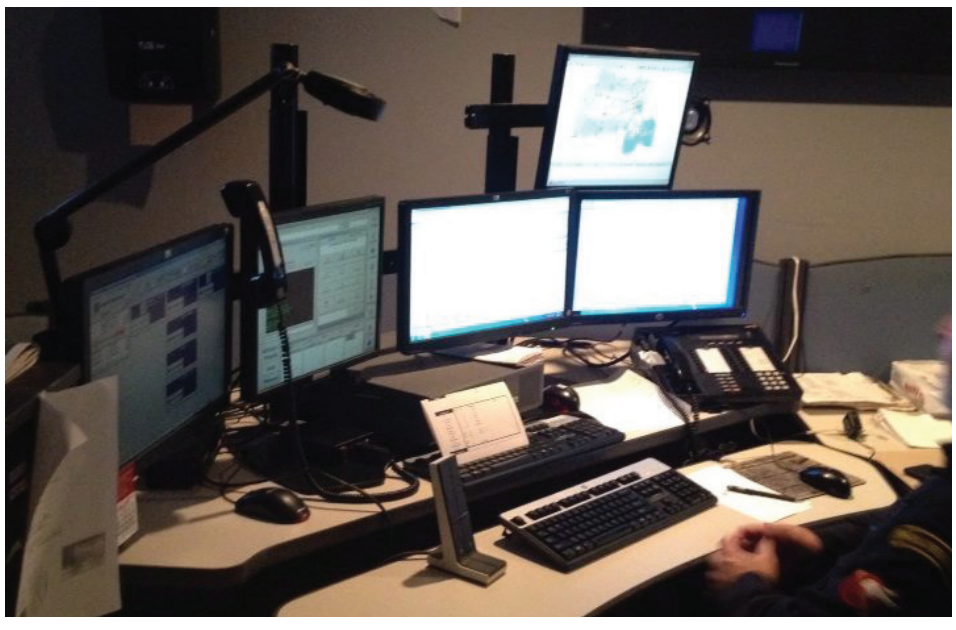
Gabriel also said he is calling for an investigation into how information from the dispatchers private personnel files at the police station ended up in the Eagle Tribune.

"First of all, we took a look at her personnel file at city hall and none of the information in these media reports are in those files. But the police department keeps their own set of personnel records and from what we can see it was information from those files that were illegally given to the media, namely the Eagle Tribune. This dispatcher is being targeted with a media campaign to assassinate her character."

Lawrence Police Chief James Fitzpatrick told The Valley Patriot on Tuesday that he is going to aggressively investigate who illegally leaked the dispatcher's personnel files to the media, stating that "only three or four people would have access to those records and I will investigate who is responsible."

CAPTAIN MACNAMARA SAYS INCIDENT WAS NOT RACIAL

Lawrence Police Captain Scott MacNamara said that this was an incident of two bad calls of a 911 dispatcher out of the thousands of calls taken by the Lawrence police every year. In an exclusive interview with 980WCAP, Capt. MacNamara said that the media had given the wrong story and that there was no racial component to any of this.



"These are two of 5,000 phone calls that I've listened to and they were marked as unacceptable. They were referred to the lieutenant, who then investigated further and made a recommendation to myself and the chief. That employee was disciplined as a result. Frankly that's where the story should end. I agree with you that this is taking on a life of its own, it fits a national narrative regarding race. I don't think that was a factor, frankly, in this investigation."

"My focus was on the process," he continued. "We work very hard, and very diligently to create a good public image with the citizens of Lawrence. We [the police] get 50,000 calls for service each year, and our call takers field over 100,000 calls for service per year. We are literally knocking on doors in an effort to meet people, and engage them through our citizen engagement project. We are doing everything we can to engage with citizens. And one of the things we are encouraging them to do, Tommy, is to call 911, call our business lines, when they see something say something. That's what we are telling people."

SEIU Union head Ike Gabriel said that he was disappointed the media ran with a story without checking any facts, and that comments made by the chief of police and the mayor were not only wrong, but legally actionable as the dispatcher has retained Haverhill attorney Tom Gleason.

"The other thing that is really disgusting about all this," Gabriel continued, "is that she has been portrayed as a racist. Yet her biggest support at the station is from the other Hispanic dispatchers and officers. I think we all know what's going on here, they tried to get rid of her with the previous allegation she was already punished for on a call that had nothing to do with language or race. They couldn't get rid of her on that trumped-up charge so now they are trying to get rid of her on these bogus media allegations … but let me be clear, her job is not on the line because of these allegation and she is not on suspension for mishandling Spanish-speaking callers."

"This dispatcher is the least racist person you will ever meet and what is being done to her is wrong."

Gabriel says that he believes the dispatcher is being targeted and that the majority of the calls audited by Captain MacNamara were call by this dispatcher citing union rules for random call audits.

Capt. MacNamara said that this claim was simply not true and that the calls he audited were by the book.

ALL IN AGREEMENT STORY WAS WRONG

Both Ike Gabriel and Capt. MacNamara agree that the news accounts of this story were not only wrong but also that

DISPATCHER: PAGE 31

Sullivan Agency, Inc.
- Since 1963 -
Personal & Business Insurance
Real Estate
Voted 14 years in a row as "Best Insurance Agency" for the Merrimack Valley
LAWRENCE 978-683-4700
METHUEN 978-681-8200
NORTH READING 978-276-2300
tasullivanagency.com

Lawrence Fire Department to Receive $1.1M in Federal Assistance for New Hires, Equipment & Training

The Lawrence Fire Department will receive $1,181,222 from the federal government to be used to hire new firefighters and purchase new equipment and training.

The grant comes to the city from the Staffing for Adequate Fire and Emergency Response (SAFER) program and the Assistance to Firefighters Grant (AFG) program.

"This is great news for the City of Lawrence, its citizens, and the firefighters who day in and day out risk their lives to protect this community," said Lawrence Fire Chief Brian Moriarty.

"This administration has shown that it is very much interested in improving the safety of this community and this is another great tool to accomplish that task. Congresswoman Tsongas and Senators Warren and Markey, along with those in FEMA all understand the importance of firefighter staffing and how it reflects in firefighter safety and mission accomplishment. I am extremely grateful to the hard work of all involved in this grant and thankful that we are now another step closer to meeting the requirements of NFPA Standard 1710 Organization and Deployment of Fire Suppression Operations to the public by Career Fire Departments."

"Public safety has been, and continues to be a top priority for the City of Lawrence," said Mayor Daniel Rivera.

"I want to thank Congresswoman Tsongas as well as U.S. Senators Elizabeth Warren and Ed Markey for their support on this grant application. I also want to thank FEMA for awarding this

grant money to Lawrence. They can rest assured knowing that we are going to put this money to good use to Make Lawrence Safe."

Congressman Niki Tsongas said that the Lawrence Fire Department received the needed federal funds through a competitive grant process, which speaks to both the quality of their application and the fire department in general. "Given the constraints on state and local budgets, competitive grant funds such as these help to maintain public safety in our communities and provide first responders with access to the resources they need to save lives. Our volunteer and career firefighters sacrifice a great deal to protect our communities and it is our duty to provide them with the equipment and training they need to keep their departments running safely and efficiently."

Four of Six School Committee Seats Go Empty on Primary Ballot

WHO'S IN AND WHO'S OUT IN CITY COUNCIL AND SCHOOL COMMITTEE RACES

School Committeeman Myra Ortiz is running unopposed for city council but leaves a vacancy on the school committee with no candidates coming forward to replace her.

School Committeeman Myra Ortiz is running unopposed for city council in District A but leaves a vacancy on the school committee with no candidates coming forward to replace her.

Candidates wishing to have their names appear on the September ballot for municipal elections had until close of business on Tuesday to turn in the required number of signatures. The Lawrence City Council is made up of nine members. Six members of the council are elected by neighborhood district and three members are elected at-large, or city-wide. The mayor is not up for reelection as he was elected to a four-year term in 2013.

DISTRICT CITY COUNCIL

The only district city council seat not contested on the September ballot is the Prospect Hill, District "A" seat currently held by Sandy Almonte. Almonte did not return her nomination papers, nor did former District "A" Councilor Patrick Blanchette. The only candidate certified to have their name appear on the September ballot was Lawrence School Committeeman Myra Ortiz.

At-Large City Councilor Roger Twomey is not running for reelection.

In District "B", incumbent Estella Reyes will be challenged by Ruth Rojas formerly of Lawrence Community works. Rojas mounted previous campaigns for the seat.

In District "C", incumbent Kendrys Vasquez will be challenged by newcomer Arlene Garcia of Canterbury St.

In District "D" (Tower Hill) incumbent Onaida Aquino is not seeking reelection. Running to fill his seat are School Committeeman Jeavanny Rodriguez and newcomer Linette Perez.

In the Mount Vernon District "E" neighborhood, incumbent Eileen Bernal has chosen not to seek reelection. Former District "E" Councilor Dave Abdoo (who also challenged Willie Lantigua for mayor in 2009) will be challenged by Frederick Diaz.

CITY WIDE SEATS

In the at-large (city-wide) council race there are eight candidates running to fill three seats on the council. Incumbents Nilka Alvarez Rodriguez and Modesto Maldonado turned in their nomination papers. Incumbent Roger Twomey did not. Challengers in the at-large race are: School Committeeman Jim Blatchford, activist and Vietnam Veteran Rich Russell, former City Councilor Jorge Gonzalez, Latino activist and Lawrence business owner Brian DePena former City Councilor Marie Gosselin and Lawrence Police Officer William Green.

GLTS SCHOOL COMMITTEE

Running unopposed on the Greater Lawrence Technical School Board are incumbents Gary Mannion Jr., Leo Lamontagne, and newcomer Angel Garcia.

The Lawrence School Committee is elected by the same district boundaries as the city council. There are six district

ELECTION: PAGE 32

Political Campaign Season Begins in Lawrence

Kathy Runge
VALLEY PATRIOT LAWRENCE COLUMNIST

We're starting campaign season and I'm already preparing myself for the onslaught of robo-calls and junk mail we'll be receiving in a couple of months. Please don't vote for candidates that spend thousands of dollars trying to impress you. The more money a local candidate receives in donations, the less I want to vote for them. I have to suspect the motives of candidates who are prepared to spend vast sums of money just to get elected to the City Council.

The way Lawrence candidates keep their campaign finance records, its hard to tell how much money some of them are spending.

Councilor Maldonado is a perfect example. The balance from his campaign finance report for 2014 is about negative $2,400 with $48 listed as outstanding liabilities, and his initial report for the first two months of 2015 shows no change. However, the first bank report in March shows a balance of approximately $2,600 with no explanation as to the source of this money. What happened here? All outstanding liabilities are supposed to be listed on every campaign finance report. Where are they in Maldonado's report for 2014? Your campaign can't have a negative balance. You can have outstanding liabilities, but the balance should be the amount in your bank account.

The Maldonado campaign has incurred $2 in expenses since March. They must have incurred some costs in June renting the motor coach for the Semana Hispana parade and for his fundraiser later that month. Campaigns are required to use their bank account for expenses. The bank's report for the end of July finally shows some activity with $2,450 in deposits, of course we have no information regarding the source of these funds.

It seems that Maldonado's campaign account is at best loosely related to his campaign finances. I really wouldn't be so picky with just any candidate, but Maldonado scours the city ordinances to find instances of the mayor not obeying the law.

Jim Blatchford, a two-term school committee member and candidate for Councilor At Large has been building up his campaign coffers for four years and has over $10,000 as of this writing. Mr. Blatchford, please take all phone numbers associated with me off of your calling list!

Nomination papers for the Council and School Committees were due August 4.

Based on who turned theirs in on time, the following people will be on the ballot. As usual, the only primary contest where candidates will be cut is the Councilor At Large race, where two candidates will be cut and the top six vote getters make the final race. Candidates are listed in alphabetical order with incumbents first.

District A: Myra Ortiz

District B: Estela Reyes (incumbent), Ruth Rojas

District C: Kendrys Vasquez (incumbent), Arlene Garcia

District D: B Linette Perez, Jeovanny Rodriguez

District E: David Abdoo, Frederick Diaz

District F: Marc Laplante (incumbent), Robert Flete

Councilor At Large: Vote for three. Incumbents Nilka Alvarez-Rodriguez and Modesto Maldonado.

Challengers Jim Blatchford, Brian DePena, Jorge Gonzalez, Marie Gosselin, William Green, and Richard Russell.

School Committee: District C: Pavel Payano (incumbent), Amy Berard. District E: Patricia Mariano (incumbent), Homayoun Maali.

Greater Lawrence Technical School Committee: Vote for three. Incumbents Leo Lamontagne, Gary Mannion Jr, Angel Garcia.

District A Councilor Sandy Almonte didn't return her nomination papers so will most likely mount a sticker campaign for the primary. It would be great if Patrick Blanchette, who also pulled papers for District A without returning them, does the same. If there's only one sticker campaign, fifty write in votes would be enough to get Almonte on the November ballot.

Please remember, if looking professional or being dressed to the nines and playing the part of an important person made a good councilor, we'd have the greatest council in the world. Enough said?

PRIVATE TUTORING

MATH, LATIN, ENG, LAW, STANDARDIZED TESTS

ELEM., MIDDLE, HIGH, UNDERGRAD

DR. BOB GALLAGHER

$30 ONLINE SKYPE/VIDEO

IN-PERSON @ LIBRARY-HOME NEGOTIABLE

978-255-4595

HOMEWORK IS LIKE A SCARY MOVIE: FUN IF SOMEONE'S WITH YOU

Methuen Candidates for City Office Turn in Nomination Papers

In order for any candidate for public office to have their name appear on the ballot at election time, they must get nomination signatures by voters in their respective districts. Voters in each city in Massachusetts will hold primary elections in September and final elections in November of this year. Winners of the municipal elections for city council, school committee and mayor (in cities where mayoral terms are up) will take office in January.

In Methuen, second term mayor Steve Zanni (70 Sevoian Drive) has no opposition on the ballot this year. Zanni, a former city councilor and school committeeman will run unopposed unless someone challenges him in the primary on a write in or sticker campaign.

For At-Large (City Wide) Representative on the City Council in Methuen, five candidates have turned in nomination papers and qualify to be on the September ballot. Two incumbent, at-large councilors (Jajuga and Grayton) turned in papers, and three challengers including Sean Fountain who is finishing his term as a West End Councilor and is now running city wide.

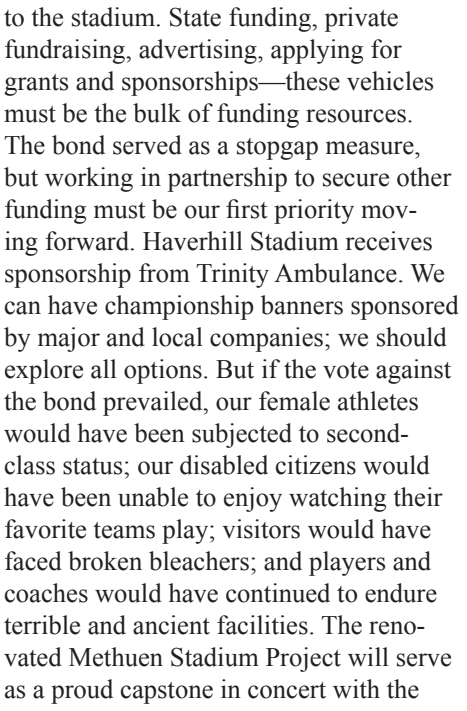
In the Central District, incumbents Jamie Atkinson and Lisa Ferry are running unopposed, but can be challenged with write-in campaigns by residents who want their names to appear on the November ballot.

COUNCIL AT LARGE ELECT THREE
* Denotes Incumbent
Sharon Birchall, 8 McKinley Avenue
Sean J. Fountain, 534 Prospect Street
Jennifer Kannan, 10B Grandview Road
EAST DISTRICT COUNCILLOR
(PRECINCTS 3, 7, 9, 12)
(two to be elected)
*Thomas Ciulla, 375 Merrimack St. #16
Ryan Robert DiZoglio, 80 Swan Avenue
Christopher J. Lefebvre, 42 Currier St.
*Ronald Marsan, 10 Hawkes Brook Lane
CENTRAL DISTRICT COUNCILLOR
(PRECINCTS 1, 2, 6, 10)
(two to be elected)
*James Atkinson, 7 Cochrane Street
*Lisa Yarid Ferry, 5 Tanglewood Circle

WEST DISTRICT COUNCILLOR
(PRECINCTS 4, 5, 8, 11)
(two to be elected)
*George J. Kazanjian, 55 Sevoian Drive
Lynn C. Vidler, 908 Riverside Drive
Kenneth R. Willette, Jr. 2 Canobieola Rd
METHUEN SCHOOL COMMITTEE
(six to be elected)
Joyce C. Campagnone, 2 Currier Ave
*Dennis D.J. Deeb, 50 Conrad Street
Jana DiNatale, 170 Bay State Road
Nicholas DiZoglio, 80 Swan Avenue
Barbara Pierog Grondine, 4 Moody Ave
* Lynne Hajjar Kumm, 180 Old Ferry Dr.
* Bryan P. Sweet, 206 Pelham Street
* Robert F. Vogler, 95 Currier Street
GREATER LAWRENCE TECHNICAL HIGH SCHOOL COMMITTEE
(two to be elected)
*Jessica L.Finocchiaro, 22 Elsmere Ave
*Barbara Pierog Grondine, 4 Moody Ave
METHUEN HOUSING AUTHORITY
(two to be elected)
* Frank P. Gallo, 59 Myrtle Street
* Kenneth A. Henrick, 22 Jewel Circle
NEVINS LIBRARY TRUSTEE
(2 to be elected)
*Josephine M. Napolitano, 55 Ayer St.
*Arthur Nicholson, III, 2 Boxwood Dr.

Council Actions by Incumbent Compelled Me to Run for Methuen's West District

Ken Willettee
VALLEY PATRIOT GUEST COLUMNIST



I have enjoyed living in Methuen for most of my life. As a former City Councilor at Large and School Committee Member, I have been honored to serve the interests of Methuen residents to the best of my ability. Now as the father of two young children attending the Marsh Grammar School, I want to ensure that our tax dollars are spent prudently and effectively. Like so many hardworking families and seniors across this great community, we have to operate on a tight budget yet provide optimal services. As I travel door-to-door, I want to listen to the concerns of West District residents on the issues of taxes, public safety and quality of life.

In fact, one of the main reasons I decided to run for West District Councilor is that I felt the incumbent should not be given a free ride during the fall elections. The incumbent came into office with promise, having voted against his first municipal budget. Unfortunately, he subsequently ended up voting for the tax increases to fund the budget plan he strongly opposed in the first place. With all due respect, we need consistency in our municipal leaders who will not succumb to internal pressure on inflated budgets and tax increases. What I continue to find disturbing is that we have a meals tax, significant revenue from new growth, revenue from a now for-profit Holy Family Hospital, repeated increases in ambulance fees, and a recent round of new assessments on properties -- and yet we are still relying upon sizable property tax increases year after year to fund services. We have to take a very serious look at how our municipal budget is structured, how we are spending money and where additional reforms can be undertaken. We need a Councilor who will scrutinize any new tax and spending requests and stop the floodgates. I have a history of pushing for sound budgeting, limited taxation, less reliance on one-time budget gimmicks and less administrative overhead. We need more structural reforms. Please remember that I wrote the strongest and most effective residency enforcement policy in Methuen Public School history, which has removed at least 105 students and saved taxpayers at least $1.2 million dollars. I have fought for balanced budgets without increasing taxes.

Another issue that I respectfully disagree with the incumbent is his vote on the stadium project. There has not been one validated scientific study that has proven that artificial athletic field turf causes cancer. From the Massachusetts Department of Public Health and other states to the United States EPA, many reputable entities have studied this issue thoroughly and have not found any direct relationship. The Methuen Stadium Project is simply too important to vote against the bond. Like many conservative leaders, I will work to ensure that the city taxpayers will not foot the final bill for upgrades to the stadium. State funding, private fundraising, advertising, applying for grants and sponsorships—these vehicles must be the bulk of funding resources. The bond served as a stopgap measure, but working in partnership to secure other funding must be our first priority moving forward. Haverhill Stadium receives sponsorship from Trinity Ambulance. We can have championship banners sponsored by major and local companies; we should explore all options. But if the vote against the bond prevailed, our female athletes would have been subjected to second-class status; our disabled citizens would have been unable to enjoy watching their favorite teams play; visitors would have faced broken bleachers; and players and coaches would have continued to endure terrible and ancient facilities. The renovated Methuen Stadium Project will serve as a proud capstone in concert with the outstanding renovations recently finished at Methuen High School.

Two months ago, seventeen people with disabilities began working at jobs they never thought possible.

- Tom Connors,
American Training President & CEO

Call us today to find out how you, too, can begin making your dreams come true with American Training.
Call Mikaela Reynolds at 978-685-2151, x6806.

Scan here with your cell-phone QR code reader to read Ashley's story about finding her dream job.

It took dedication, compassion, teamwork, caring, and a little **WOW! Magic**, the kind of support you only get at StarWorks of American Training.

AMERICAN TRAINING

@ATI_WOW @TheOfficialATI • 6 Campanelli Drive, Andover • www.americantraininginc.com

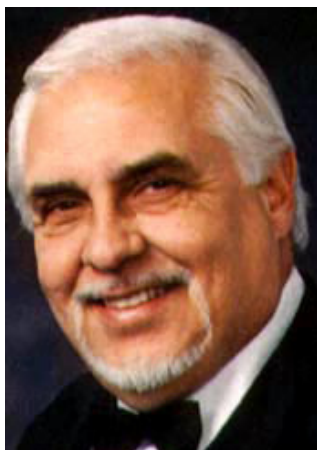
J. Brian's
pub & grille
CATERING TO ALL YOUR NEEDS
*POLITICAL FUNCTIONS *RETIREMENT
*GRADUATIONS *SPECIAL OCCASIONS
615 SOUTH UNION STREET, LAWRENCE, MA
PHONE: 978-687-9321 - FAX 978-687-9162
ACROSS THE STREET FROM THE VALLEY FORUM
COME WATCH THE B'S
Wide Screen T.V.
CALL OR VISIT OUR WEBSITE @ WWW.JBRIANS.COM

MIND OVER MATTER with JERRY VALLEY

How We Handle Post Operative Procedures

JERRY VALLEY, MACP
VALLEY PATRIOT HYPNOSIS COLUMNIST

I have been in hypnosis for over 45 years and Tommy Vee, my son, has been with me in this business for the last 20 years. I hold a Masters degree in psychology with Norwich University.



Both of us are Certified Consulting Hypnotists and Certified Instructors (CI's) with the NGH. We are very proud to be faculty members of the NGH and do our best to promote the National Guild of Hypnotists (NGH) as much as possible.

In our practice, we have endeavored to have each and every client reach his/her goal by offering 3 initial sessions followed by additional session as necessary.

This article will deal with pre-operative and post-operative procedures for assisting clients who are having a difficult time as they face an operation for a mastectomy, a prostatectomy, bladder cancer or any other major operating procedures.

Our goal here is to, not only have the client use relaxation techniques, but to gain total confidence in the medical team. We always have the client focus on the end result which is, of course, having a successful procedure and becoming healthier as a result of it.

Clients come to us usually in great fear of the upcoming procedure as facing a major operation can be quite concerning and very terrifying.

After testing the client for receptivity, we proceed to induce the hypnotic trance as deeply as possible utilizing several challenges such as the Eye Catalepsy, the Arm Catalepsy and the Hand Drop.

A CD is made of the session so that the client can be reinforced by listening to the message of the session an hour or two before bedtime and then instructed to listen to it again, in bed, as they fall asleep. This is a very good method as it has a double affect and is a very good conditioning technique.

The next directive works beautifully. The client takes the CD to the hospital and while getting prepped for the procedure, they begin listening to the hypnotic session, on the CD, and they remain CALM, RELAXED, REFRESHED AND CONFIDENT before, during and after the operation.

In addition, we always suggest that there will be minimal bleeding and that the healing will be swift and proper. "You will heal quickly and properly."

One of our best techniques to offset any nausea after coming out of general anesthesia is to suggest that he/she will continue to feel CALM, RELAXED REFRESH, CONFIDENT AND SLIGHTLY HUNGRY. You cannot be nauseas and hungry at the same time. Therefore, we strongly implant the suggestion of being REFRESHED AND SLIGHTLY HUNGRY. It works very nicely.

I had a middle-aged lady come to me prior to her having a lumpectomy in her right breast. She was literally terrified. She had never had an operation and the news of her cancer was completely upsetting her to the point of tears.

She asked me if I could be in the operating room with her. I have done that several times so I was quite familiar with the procedures.

I told her that I was actually going to be in Boston (She was having it done at Brigham & Women's Hospital in Boston) and that, with her doctors permission, I would be happy to be with her. This gave her great confidence.

Then, I explained that with the CD, it was almost as good as my being with her. She understood but reiterated her request to me and I agreed.

I said "Go into that hospital with great confidence that you have a fantastic and most professional medical team who will take good care of you and when it is over you will be a healthier person." That made her feel good.

Then I said "Use the CD and call me on my cell phone if you really need me and I will be there for you." Totally convinced, we did the session and she said that she would call me.

Well, she didn't call and I was hoping that she was OK. I was concerned.

About a week later she called and said, "Jerry, I loved the message on the CD and I didn't need you to come in and that is why I didn't call. The operation was a complete success, as you said it would be, and I cannot thank you enough! The CD worked beautifully."

We motivate clients to believe in themselves and to have complete confidence in the medical team. As certified hypnotists, we have the experience and the tools to get clients through the most trying times of their lives and that should make them feel great about their success. We destroy their fears and give them our shoulders to lean on as we guide them through some difficult time.

Jerry Valley, MACP
NGH-Certified Consulting Hypnotist
978-688-6657

Boys & Girls Club of Lawrence Reduces Summer Learning Loss

The eight-week summer program is underway at the Boys & Girls Club of Lawrence (BGCL), thanks in part to a $10,000 grant from the Essex County Community Foundation's Betty Beland Greater Lawrence Summer Fund (GLSF).

Markus Fischer, executive director of BGCL, said the club's Explore, Learn, and Thrive summer program is crucial for hard-working, low-income parents who cannot otherwise afford a summer enrichment program.

"Lawrence children need support in raising their academic outcomes, and they cannot risk losing ground over the summer months," Fischer said. "It's only because of generous donors such as the Essex County Community Foundation that we're able to significantly lessen the achievement gap between children in low-income and high-income families."

BGCL provides local youth with a safe, high-quality summer program staffed by caring professionals with whom they can build mentoring relationships, engage in learning opportunities, and explore experiential enrichment activities. The wide-ranging curriculum includes STEAM (science, technology, engineering, art, and math) initiatives, percussion classes, literacy and writing workshops in partnership with Phillips Academy, weekly sessions with the Museum of Fine Arts Community Arts Initiative, science- and nutrition-based "urban adventures" with Groundwork Lawrence, "Kids in the Kitchen" classes introducing healthy foods, creating positive community change through writing and art projects led by Elevated Thought, rowing, sailing, and weekly field trips.

In addition, campers enjoy being kids through various sports and competitions, such as swim lessons, free swim, and numerous non-structured, fun activities that promote physical, emotional, and social growth.

This year, GLSF is providing $302,050 to support 43 programs that enrich out-of-school time for nearly 6,500 youth in Andover, North Andover, Lawrence, and Methuen.

"Year after year, the Betty Beland Greater Lawrence Summer Fund ensures that kids and young adults in the Greater Lawrence area have a fun and productive summer," said Carol Lavoie Schuster, ECCF's assistant vice president for philanthropy. "We are so proud of this fund, the collective impact of donors who support the program, and of the programming that has made such a positive impact on the community."

PUBLIC RECORDS:FROM PAGE 2

to have online access to all meeting minutes and documents, makes no sense. Who is really causing the problem, the town governing bodies or its citizens?

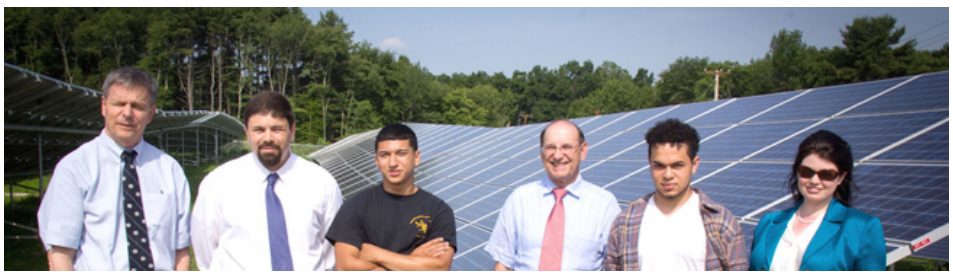
Please vote in favor of citizens who need or desire local government information.

At least one town flaunts its power by ignoring public record requests even when ordered to do so by the Public Records Department. Those orders are simply ignored by town officials and town hall staff. This is not progressive forward thinking and not in the best interest of its citizens. It causes one to be suspicious of the town's governing bodies.

Thank you for taking the time to read my e-mail and to more fully understand the complexity of the complaints from towns who do not seek to move into the world of online self-serve access as an improvement to better transparent government nor to reduce the work load of its town employees.

Sincerely,
Paullette M. Leukhardt,
former Select Board member

Advertise on Paying Attention with Tom Duggan
Saturdays from 10-Noon Call (978) 771-4091



Left to right: GLTS Director of Research & Grants Dale Hollingshead, GLTS Construction Academy Supervisor Tony McIntosh, GLTS Superintendent John Lavoie, GLT School Committee Member Jessica Finocchiaro from Methuen. Photo credit: Greater Lawrence Technical School.

Sunshine saves taxpayers $7.5 million

Gr. Lawrence Technical School first school in Massachusetts to get 100% of their electricity from solar farm

Did you know the Greater Lawrence Technical School (GLTS) officially became the first school in Massachusetts to be 100% powered by solar energy?

Borrego Solar Systems Inc. and GLTS students constructed a 3.6-megawatt solar energy system on a 62 acre lot in North Brookfield, Massachusetts. GLTS was able to negotiate a power purchase agreement 100% financed by Rockland Capital with National Grid that covered all upfront costs to the project. The school therefore didn't go out for a bond that would typically cost millions. The average cost for each acre of a solar farm in the U.S. is $500,000.

Our 3.6-megawatts solar farm provides enough electricity to power 500 homes. This system was built to save the school district between $100,000-$125,000 per year in energy costs and over $2.5 million dollars through the end of the 20 year power purchase agreement.

The solar array is a tangible lesson to students that environmental responsibility is a priority in their communities. GLTS has been ahead of its time with environmental sustainability long before it became the first school in Massachusetts to produce 100% of their energy. Superintendent John Lavoie and school committee members have instituted a number of environmentally responsible policies and renovations that both save taxpayers money and help to reduce the burden on our environment.

GLTS Superintendent John Lavoie explained, "One thing that's different about this project is that the farm was built specifically to provide 100% of our energy. We wanted to show our students and the

community that we are a responsible institution regarding energy conservation."

It turns out serious energy conservation also conserves serious tax dollars. The energy cost credits are substantially less than the cost of National Grid's power. Since the credits cost less the school saves even more per year. All of these savings have allowed the school committee to fund more teacher positions and educational resources including new software and technology hardware, so that class sizes are kept low and students are trained with the most effective tools possible.

The farm produced 4.3 million kWh of power in the second half of 2014, and the school district utilized 4.4 kWh of power for the entire year. This means that before the end of it's first year the school has already realized enough electricity for an entire year and roughly $200,000 to date of excess credits that the school plans to sell. Those funds will also go directly towards helping taxpayers fund the school.

GLTS doesn't just have a solar farm, it also has comprehensive solar vocational programs that are tied to an ever-growing list of grants and local projects including Solarize Andover, Massachusetts Clean Energy Center, The Learn and Earn grant,

SOLAR: PAGE 31

Straight Talk
Honest Answers
Real Results

Re-Elect RON
Marsan
Methuen
East District Councillor

Paid for by the committee to re-elect Ron Marsan

Elect
Sharon
Birchall

* Public Safety * Education
* Fiscal Accountability
* Community Involvement

Methuen City Council
At Large

Paid for by the Committee to Elect Sharon Birchall

Jennifer KANNAN will be your voice on the Methuen City Council.
As a lifelong resident she has a deep commitment and love for our city.
Jennifer will make sure that our city government is there to serve you.
*Councilor at Large: 2008-2013 * *Chairwoman of the City Council: 2012

ELECT
Jennifer Aziz
Kannan
Methuen City Councilor at Large
VOTE KANNAN ON NOVEMBER 3, 2015

Talking with a Healthcare Professional: What you should know. Part 1 of 3

Justess Jacobson
MANCHESTER, NH COLUMNIST

I sat down with a healthcare professional (HCP) and talked about many hot topics and issues. The three main things we talked about were Vaccines, STD's, and HIPAA. When talking, I already had my mind made up about vaccines, and only had a question or two, and what came from those questions was more clarity, and people who are confused about the topic may understand it differently. I am for vaccines, and always have been.

What started the anti-vax movement was a doctor found that days after children's timely shots, some children began showing signs of autism. Years later, with no evidence, he came forward saying it was only theory and there was no scientific proof. Sadly, this did not get as much recognition as his main point, and to this day most people don't realize the man who single handedly created the anti-vax movement came forward saying he had no proof. Aside from that, the HCP noted that she has given the main shots quite a few times a day, for 8 years. If there were any connection to autism and vaccines she would have a lot more patients that have autism.

One of the biggest complaints she gets when she talks to parents about shots is "If my kid doesn't get a shot, it only affects my child, if the other children are vaccinated then it's only my child's issue, no one else's" as the HCP pulled up some information she set aside, There was a small school of 100 kids in South Carolina. 4 of the kids were not vaccinated. One of the four was exposed to the Measles. He of course, infected other children; all the children that were not vaccinated became infected. The children then brought it home to brothers and sisters, creating an outbreak.

Measles can be deadly, Mumps can be deadly, all of these diseases that have vaccines as a form of protection can potentially be deadly. What if you didn't get your child a vaccine, and becomes sick, paralyzed, or even passes, would it be worth it? The HCP gave me a different situation. "There is a vaccine against Hepatitis A (a serious liver disease) can spread from person to person or by contaminated food or water. Think again before eating at a restaurant, that worker might infect your child, but does the benefit outweigh the risk?" Some of the vaccines available to people include Hepatitis A, Hepatitis C, Meningococcal, Polio, Human Papilloma Virus (HPV) and Tetanus are just some of the vaccinations that we have to offer and parents are denying them. The HCP powerfully stated "There are consequences, please consider the decision we make, the

HEALTH: PAGE 31

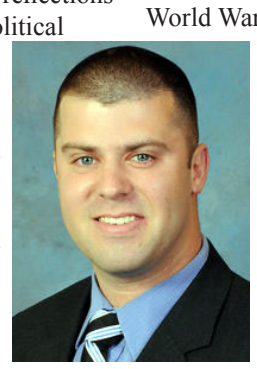
WANTED TO BUY
OLD PAPER MONEY
And Coins

Free Appraisals - Cash Settlements
Call: 978-884-6641

As O'Brien Exits the New Hampshire Political Stage, an Intimate Reflection on his Legacy

DJ Bettencourt
VALLEY PATRIOT NH COLUMNIST

The announced retirement last month of former New Hampshire House Speaker Bill O'Brien is certain to set off reflections and reactions from across the political spectrum as the legislative session winds down next year.



To his liberal critics, the departure of their favorite boogeyman is bittersweet. While they were ceaseless in their attacks, both political and personal, they never tired of making him the subject of fundraising emails. To the old guard establishment in both parties, O'Brien was a radical figure who upended the status quo in ways that made them uncomfortable and defensive. To conservatives, he was the fighter they had been waiting for to deliver the tough fiscal medicine and small government policies the Granite State desperately needed.

Then, there was the Bill O'Brien I knew. The friend I worked productively with for the two years of his speakership (2011-2012). To me, none of the stereotypes are entirely accurate but regardless of the version of O'Brien you subscribe one thing is clear – he was one of the most effective speakers in state history.

It is easy to forget the enormous size of the financial crisis the 2011-2012 legislature inherited. The 2010 elections were both a curse and a blessing for Republicans. While we captured a historic legislative majority, we faced the daunting task of tackling a nearly billion-dollar deficit and the lingering effects of the worst economic downturn since the Great Depression.

Making the situation worse, in reaction to the 2008 economic slump, legislative Democrats and Governor Lynch increased state spending by 25% without adequate revenues to support it, even after raising over 100 taxes and fees. Across state government, red ink flowed and some began suggesting that a sales or income tax was the only solution. Fortunately, taxpayers had Bill O'Brien in their corner. He was the right man for the time and place.

That session, we did something uncommon as political leaders – we kept our campaign promises. We had vowed to achieve a balanced budget without new or increased taxes or fees, refused to bond operating expenses or downshift expenses to local municipalities and we did just that, as well as restored some of the state's depleted Rainy Day Fund. In doing so, we oversaw the largest decrease in spending – $11.6 billion down to $10.5 billion – since World War II.

Rather than defaulting to the usual solution of raising taxes, Bill O'Brien led us in cutting spending and eliminating or reducing 12 taxes and fees. Included were several reductions in business taxes. Based on those reforms, New Hampshire's business tax climate in one year jumped from 50th to 46th, according to the nonpartisan Tax Foundation.

No state budget is ever perfect and ours was no different. In retrospect, cutting the cigarette tax didn't have the economic effect we had hoped. Despite this and very difficult spending choices, the 2012-2013 budgets produced a $72 million surplus.

Speaker O'Brien's accomplishments did not end there. He began the process of improving New Hampshire's business climate by passing over 40 pieces of legislation that reduced regulations on job creators. At the time our budget took effect the unemployment rate was 5.5% and by the time it ended stood at 5.0%. This translated into thousands of Granite Staters finding work.

That said, not all of his accomplishments related to the budget or business. He finally ended the legal wrangling over parental notification for minor children seeking an abortion by helping to craft a constitutional compromise. He was an importantly ally in helping us pass the New Hampshire School Choice Scholarship Act, which has allowed hundreds of financially disadvantaged students attend the school of their choice. And despite being demonized as an uncaring fiscal conservative, he fully supported my efforts to substantially reduce the developmentally disabled wait-list.

To be sure, Speaker O'Brien wasn't perfect. He sometimes struggled to stay on message and counter the demonization of himself and the House GOP in the media, although I must take my fair share of the responsibility for those mistakes. And while he was far from the bully he was portrayed, there were times when he was too rough on and distrustful of those

OBRIEN: PAGE 31

Windham™ PROFESSIONALS
Now Hiring!!!
Full Time Collectors and Support Positions
We are Expanding and We Need You!
Related collection, telemarketing, sales experience a plus!
Must possess a high school diploma or GED.
Please apply on-line at:
www.windhampros.com
Located at:
380 Main St., Salem, NH 03079
AND
600 West Cummings Park, Suite 4650
Woburn, MA 01810
Windham Professionals is an Equal Opportunity / Affirmative Action Employer M/F/D/V

You can now get The Valley Patriot at ...
McDonald's™
IN Haverhill and Methuen
and NOW....
In
WINDHAM!
At Exit 3

HELP WANTED
.... High Income Potential, Flexible hours, Great Working Environment...
Popular local Radio Station seeks men and women to sell and service advertising contracts for existing and future clients.
.Present staff needs assistance due to expanded programming, signal and client base, and many new territories are immediately available.
Full office support, including on site desk with phone, internet, and website as well as training program, mentoring and management support. Experience in sales preferred, but will train appropriate candidates.
Successful applicants must possess excellent communication skills, be articulate, well dressed and have transportation. Please contact Ted Panos at (978) 454-0404, or email wethsu@aol.com, and Tedpanos@aol.com.

This Year's Lowell City Council Race Just Got Exciting!

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

Little did anyone suspect that the vote to hire a new Superintendent of Schools in Lowell would have such a profound effect on this year's City Council race?

Several months ago the match was lit, on what has become political dynamite. A divided Lowell School Committee had a choice to vote for several outside candidates for Superintendent or a well qualified, dedicated and lifelong Lowelllian, by the name of Jay Lang. The School Committee was divided. Divided for well over a year, where personal tensions were evident and snipping took place on a regular basis. Lang was supported with three solid votes from members Gendron, Martin and Jim Leary. All Lang needed was one vote from the remaining four members. The first vote cast was by Mayor Elliott, whose primary concern was that the new Superintendent work without a contract. He cast a vote for Winchendon Superintendent Salah Khelfaoui. Khelfaoui a wild card candidate, but for the Mayor his intentions were all business and nothing personal, however for the other Anti-Lang school committee members… not so much.

After several votes cast, the School Committee was deadlocked, with the final deciding vote on the shoulders of Dave Conway. Dave Conway a long serving School Committee member and a declared candidate for Lowell City Council; the same Dave Conway and school committee member who had a well-documented personal beef with Jay Lang. As the last vote cast by Conway, Lang, a well-qualified popular candidate for the top spot, was victimized by petty politics and a long-term personal grudge.

Lang so eminently qualified for Superintendent of Schools that most of Lowell was and is still outraged. So exceptionally eligible that he was quickly hired by the neighboring Town of Chelmsford as their Superintendent of Schools, without a traditional executive search.

The irony of the vote is that everyone whom had a personal grudge against Lang is no longer running for School Committee. However this is where things get interesting for the Lowell City Council race. Dave Conway a declared candidate for Lowell City Council since last November may have been at one point a strong favorite in the race as a challenger … until his vote against Lang. Conway, firm in his opinion that he will not be affected by his vote against Lang, will now have to let the voters decide. Settling a personal issue could result in political suicide. Turning against a well-liked local guy is a fascinating political risk, but anything can happen.

It was well accepted until recently that this year's Lowell City Council race would be a dud and have a historically low voter turnout. All the incumbents have done a great job and are working well with City Manager Murphy and his team. All incumbents are expected to be safe with one open seat in the race.

Now enters into the City Council race Jim Leary. Jim shocked Lowell's political crowd by announcing that he would leave the Lowell School Committee and seek a seat on Lowell City Council. Jim is an unabashed supporter of Jay Lang, or as Jim likes to call him … Dr. Lang.

Leary just made things interesting and injected excitement into the City Council race. Serving on the Lowell School Committee for ten years, Leary decided to pull his papers last minute for Lowell City Council. A popular School Committee member, he is now running as a City Council candidate. Jim an outspoken critic of Conway, puts a major crimp into the chances of Dave Conway getting elected. As strong as Dave Conway's personal vendetta was against Jay Lang, Jim Leary was in favor of Lang. Being polar opposites, this race will now be white hot as these two spar into November.

As I see it in August… here is who I see as the top 9 candidates finishing in November with Jim Leary now in the race.

1. Rita Mercier (I)
2. Rodney Elliott (I)
3. Bill Samaras (I)
4. Corey Belanger (I)
5. Dan Rourke (I)
6. Jim Leary
7. Ed Kennedy (I)
8. Jim Milanazzo (I)
9. Paul Ratha Yem/ John Leahy (I)

… too close to call

*(I) Incumbent

John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

PRIDE Star EMS

Greater Lowell (978) 441-0911 Greater Lawrence (978) 685-0911

"People, Passion, Performance."

ALS & BLS AMBULANCE SERVICE

CHAIRVAN MEDICAL TRANSPORT

EMT TRAINING & COMMUNITY EDUCATION

EMS EVENT DETAIL

www.pridestarems.com

Nancy Drew Still Hip at 85

The Brush Art Gallery and Studios (The Brush) is pleased to exhibit the artwork created to illustrate the books you read during your childhood, the "Nancy Drew" and "The Hardy Boys" series. Over forty book titles are showcased, along with corresponding paintings, drawings, model photographs and a few surprises. The timeline tracks a mix of old and new work spanning more than sixty years for all generations.

The educational exhibition, "Book Illustration: Nancy Drew & The Hardy Boys," will be on display from August 8 to September 12, 2015 in the Susan E. Leggat Memorial Gallery within The Brush. A related event includes an artist talk by Ruth Sanderson, an award winning illustrator and author, on August 15 at 3pm. She was an illustrator for the Nancy Drew series from 1979 to 1983. Also, Children's Librarian, Lori Eldred has planned a mystery event at the Pollard Memorial Library to accompany the exhibition called Junior Detective Club.

Jim McNamara first became familiar with the characters of Nancy Drew and The Hardy Boys from the "The Hardy Boys /Nancy Drew Mysteries" TV show that ran from 1977 -79. His mother noticed he was hooked on the TV show and brought home the books. Now, 38 years later, his collection includes close to 4000 Nancy Drew, Hardy Boys and Bobbsey Twins books among other series published from the 1920's to the present. He also has collected much memorabilia related to these books including original artwork used to create these books.

In 2014, McNamara donated complete sets of "Nancy Drew" and "The Hardy Boys " to the Pollard Memorial Library in Lowell in memory of his parents and late brother. For this exhibit McNamara, a Lowell native has generously shared pieces from his collection of original artwork.

Work from the following illustrators will be included in the exhibition: Rudy Nappi, Ruth Sanderson, George Gaadt, Paul Frame, Steven Stroud, Tricia Zimic, Garin Baker, Paul Bachem, Frank Sofo, Bob Berran, Hector Garrido, Aleta (Jenks) Rafton, Erin Mcguire, Mary Stevens, and Harry Bennett.

The exhibition is an opportunity for The Brush to engage in a collaborative project sponsored by the Nathaniel & Elizabeth P.

Stevens Foundation. It's also an activity that can be an enriching experience for members of an entire family. The combination of art, literature, and history will appeal to a large cross section of people in the Boston and Merrimack Valley areas.

Nancy Drew has been a role model for women for many years. Jan Hoffman from the New York Times said in an article titled "Nancy Drew's Granddaughters," published on July 17, 2009, "Nancy Drew was invoked last week during the Senate confirmation hearings for Judge Sonia Sotomayor. She has said that her Nancy Drew represented boldness and intelligence, the books a gift from a hardworking single parent. In recent years, Laura Bush, Hillary Rodham Clinton, Ruth Bader Ginsburg, Gayle King and Diane Sawyer have described themselves as fans."

In today's era of computers and social media, it's important not to forget how generations learned to read -- from the classics. It's also important to point out that a lack of quality family time is partially caused by preoccupation with electronic devices. But Nancy has bridged the generation gap.

The Brush Art Gallery and Studios is located in the Lowell National Historical Park across the courtyard from the Visitor Center. This dynamic and captivating place was originally founded by the Lowell Historic Preservation Commission, U.S. Department of the Interior in 1982. The Brush presents museum quality exhibitions, educational programs, and has collaborated with many other nonprofit groups. Artists occupy studio spaces to interact with and educate the public on a weekly basis. Currently, thirteen studio artists produce paintings, illustration, photography, jewelry, sculpture, ceramics, quilts, and handwoven items. Associate artists display work in the common area.

ND Academy Awards Academic Scholarships

The Academy of Notre Dame recently awarded academic achievement certificates, service awards and scholarships to 124 freshmen, sophomores and juniors during the Academic Awards and Student Recognition Night at the high school.

Among the honorees were more than a dozen juniors and seniors who were recognized for their outstanding academic achievements, extra-curricular involvement, and who exemplified the criteria of the individual scholarship or award:

• The Ann Boumila Memorial Scholarship - Samantha Onessimo of Methuen

• The Brady Scholarship - Emily Masse of Dracut

• The Sister Claire Burns, SND Scholarship - Leakana Ly of Lowell

• The Donna Sullivan Dickey '59 Memorial Scholarship - Kathleen Frisoli of Littleton

• The Edward W. Leary Jr. Memorial Scholarship - Abigail Morelli of Pepperell

• The Dorothy Allen Mawn Scholarship - Corinne Chinnici of Merrimack, NH

• The Sister Marie Paula McNiff SND Scholarship - Olivia Farina of Chelmsford and Maya Wilson of Tyngsboro

• The Norton Family Leadership Scholarship - Emily Francis of Groton

• The Julie Saunders Trull Class of 1929 Scholarship - Elizabeth Bennett of Lowell

• The Karen Webster '71 Memorial Scholarship – Sara McKearney of North Chelmsford

The college book and recognition awards were given to members of the junior class who exemplify the criteria set forth by the college for a designee. They included:

• The Wheeling Jesuit University Book Award - Corrine Chinnici of Merrimack, NH

• The LeMoyne College Heights Award - Emily Masse of Dracut

• The Rensselaer Polytechnic Institute Rensselaer Medal - Emily Francis of Groton

• Clarkson University Leadership Award - Abigail Morelli of Pepperell

• Clarkson University Achievement Award - Madison Pacaro of Townsend

NDA AWARDS: PAGE 28

WGBH and Curious George Visit Imajine THAT!

Boston public broadcaster WGBH teamed up with preschool learning center Imajine That to help increase math, science and literacy skills in early learners in Lawrence and Boston.

Their achievements using the educational games and apps was celebrated last month at Imajine That at Sal's Riverwalk in Lawrence. The staff of "Imajinators" demonstrated new approaches that they have learned to guide their students using the digital tools for building early math, science and vocabulary skills, some of which are based on the Curious George and PEEP and the Big Wide World television series produced by WGBH. Both characters were present at the event and played around with Susan Leger Ferraro, Lawrence Mayor Dan Rivera, and State Senator Kathleen O'Connor Ives at the event.

FOR ALL YOUR ESTATE PLANNING NEEDS

DIANNE M. O'BRIEN

ATTORNEY-AT-LAW

I am a very well-qualified Estate Planning attorney who will make the process quick, easy, and **convenient** for you – meeting with you in your home if you wish.

• Wills • Trusts
• Health Care Proxies
• Powers of Attorney
• Living Wills • Probate

COMPLIMENTARY INITIAL CONSULTATION

Former Officer in the U.S. Air Force Judge Advocate General Corps – 8 Years

www.attorneyobrien.com

800 Turnpike Street, Ste. 300
North Andover, Ma 01845

978-794-5515

Flat Fees
For Estate Planning Services

Left to right; Laura Marchand, Community Business Director of Atria Marland Place, Kelley MacDonald, Liaison Manager of Home Health Foundation, Deb Shapiro Program Director at Avita of Newburyport, Marilyn Stasonis of Wellness and Memory Programs of Northbridge Companies, and Agnes Leonard Community Liaison of Home Health Funding.

Atria Marland Place in Andover Unveils its Renovation

The completion of the renovation at Atria Marland Place, an Andover senior living community, will be celebrated with local elected officials and senior care experts at the community's grand re-opening event on Thursday, August 6 from 5:30-7:30pm. Champagne, cocktails and hors d'eourves will be served in the renovated indoor and outdoor spaces, including the rooftop of Atria Marland Falls.

New amenities include the expanded and enhanced Life Guidance® memory care neighborhood, redesigned restaurant, modern new bistro, custom fitness center, movie theater, and salon and spa.

Atria Marland Place is located at 15 Stevens Street in Andover, Massachusetts. For more information please visit www.atriamarlandplace.com or call the concierge at 978-475-4225.

Bottom two photos: (L) The blighted remains of Julie & Wendy's Convenience Store on South Broadway in Lawrence, (R) ribbon cutting at the new Mount Vernon Dental Solutions.

Dr. Gomer Turns Eyesore Into Jewel of the Neighborhood

After a year of construction work, Dr. Gomer finally announced the opening of his new location for Mount Vernon Dental Solutions. The new dental office was built in place of an old Julie and Wendy's convenience store that was abandoned for a long time.

Last month, Lawrence officials attended a ribbon cutting at Mount Vernon Dental Solutions on South Broadway, including Lawrence State Reps., Moran, Devers and State Rep. Barbara L'Italien, as well as Lawrence Mayor Dan Rivera.

"Every time we [elected officials] go to speak, we say 'it's an honor to be here', Mayor Rivera said. "But, here specifically, it's an honor to have a piece of development in what I consider one of our premier neighborhoods ... where you can have a place that has been blighted for such a long time, be brought back to life."

"People spend a lot of money on their properties and when their families would come and visit them, they would have to come by this awful looking place. The ironic part is that it went from a place that you used to get cavities from, a candy store and an ice cream store, and now it's a place where they fix your cavities," he said laughing.

"The renovated building and parking lot makes the Lawrence gateway look so much better."

"Honest to God, the way this makes the neighborhood look, it makes everybody's property values go up." Rivera thanked Dr. Gomer for putting so much money into the project and helping to beautify the city.

Mayor Rivera then presented a citation to Dr. Gomer as did State Representative Devers and Moran.

"The building is really beautifully done, I'm really proud of what you are doing for the city. I remember when this was an ice cream stand in the late 60's, early 70's ... I used to come here after fireworks and get ice cream," said State Senator Barbara L'Italien (D) Andover.

The history of this property started in 1910, when it was built as a potato chip factory on the Andover line. Going through several owners and a fire, it was a Fairview Farm, ice cream shop, and lastly Julie & Wendy's convenience store, as it was remembered by the most of the current neighbors.

Unfortunately, in 2006, after several decades of serving the South Lawrence community, the store was closed for good and listed for sale. Slowly, decayed due to lack of maintenance, the building became less and less attractive, bringing the image of the whole area down and making the separation between Lawrence and the neighboring Andover even more obvious.

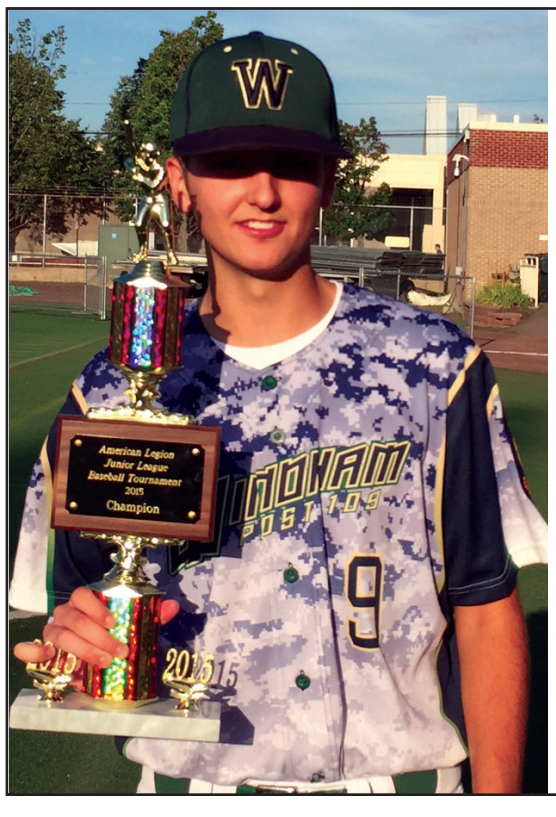
That changed in 2014, when an offer to purchase the property came from local dentist, Dr. Mikhail Gomer, who has been practicing dentistry in Lawrence since 2006, and wanted to move his dental practice to a more convenient location.

"At the zoning board, not only did nobody oppose it, but also a group of people came to support Dr. Gomer," said Michael Sullivan, a realtor and former mayor of Lawrence.

Dr. Gomer completely rebuilt the property turning the remnants of the convenience store into the modern dental practice.

"I am committed to serving this community as a health care provider and as a citizen. I am sure that this investment will improve the image of Lawrence and will make the area more attractive for businesses and residents. But this could only happen because of tremendous support from the community and the city officials." said Dr. Mikhail Gomer.

Dr. Gomer started his career as a dentist in Ukraine in 1996. In 1999 he came to the US and confirmed his dental degree in Tufts Dental School. In 2006 he opened his private practice in Lawrence, MA, where he has been providing dental services ever since. Dr. Gomer's motto is "Gentle care from knowledgeable dentist, who will listen to your concerns and explain your options". To do this Dr. Gomer and his staff take time to get to know their patients and learn what they need and what is important for them. For more information visit http://www.lawrencedentalpractice.com or call (978) 682-0641



NH Legion Champs

DJ Incropera of the American Legion Post 109 in Windham, NH with his NH Championship trophy. Post 109 will be playing for regional champs this month.

Band of Heroes - Brian Mercer (middle) of Band of Heroes in Lawrence, an EMT, CPR and portable defribralator instructor gave out four awards to former students of his for trying to save lives after an accident on the side of the road late one night.

Ye Gay Ol' Valley

Courage, Biology, and Being American

DANI B. LANGIVEN
VALLEY PATRIOT LESBIAN COLUMNIST

The definition of courage is: the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear. I don't believe that courage comes without fear. Perhaps the definition should be: the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., with determination. I also believe that courage comes in many different forms.

Courage is any man or woman who makes a conscious decision to train for and earn the privilege to wear a military uniform to protect the rights of their fellow countrymen. It is the teenager who embraces his or her sexual identity and shares it with their family not knowing if they will be embraced or rejected. Courage is the police officer that puts their life on the line day after day, after day only to be accused of racial profiling and never hearing the words thank you. The firefighters that enter burning buildings are courageous. The teachers who have laid down their lives to protect their students from a gunman and those who will do the same in the future are unexpected examples of courage. Every kid who took of their training wheels and learned how to ride a bike or threw aside their swimmies, and jumped off a diving board for the first time are also examples of courage.

Couples, gay or straight, who have lasted through decades of adversity, hardships, and shared triumphs and celebrations while remaining fiercely devoted to one another are enduring examples of courage. And, yes, even a celebrity who stands up in front of the world and declares that they are now a transgendered individual is also courageous. If you are incapable of seeing the many faces of courage or refuse to acknowledge some because you don't understand them, then perhaps you are a true example of what it is like to be a coward that lacks empathy.

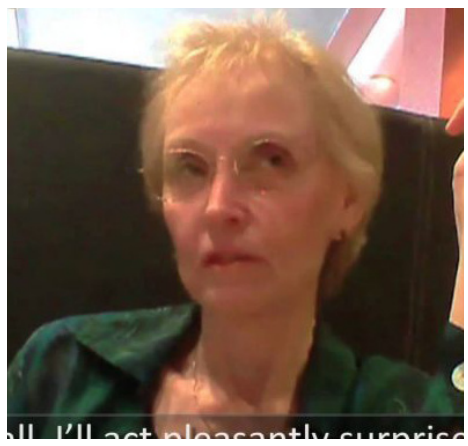
Speaking of the transgendered, so many feel that it is okay to target them for ridicule and down right bullying. I will and have admitted that I do not understand the transgendered, but I will not ridicule them. I agree that a woman who transforms herself into a "man" is still biologically a woman. Caitlyn Jenner, now the most famous transgendered person in the world, is in fact biologically a man. But I am capable of being empathetic to the painful path Jenner has traveled. I can and do respect the courage it took for her to make her transformation so transparently public. She looks like a woman, she talks like a woman, she acts like a woman, in essence she IS a woman and yet there are so many who can't get past her biological make up. If a transgendered person is only defined by their biological and genetic make up, then adoptive parents should be, too. People who adopt children are biologically not those children's parents and should not be considered parents, if we are to stick to biology defining who we are. In turn, their so-called children are not genetically theirs either. Why don't people get on social media and bash them or call them names? There are no genetic or biological connections between adoptive parents and the children they bring into their lives through the unnatural means of adoption. So, why doesn't anybody have trouble believing that they are a real family, if they have not been created by genetics? If I wanted to get as nasty as those people who like to call the transgendered names, I could say that "adopting" is a euphemism for purchasing children. I'm sure we'd see a flurry of arguments and disparaging remarks against that label. Adoption is, in fact, a wonderful thing. In no way does adoption undermine the relationship that other parents have between their biological children. Society does not label adoptive parents as an aberration of real parenting. Gay parents and transgendered people, however, are held to a different standard and are subject to ridicule. I don't understand that. Is it about Finally, there is the Gay Agenda. Over and over again, on social media, people talk about the gay agenda and how the LGBTQ community wants special treatment. The far right express their concern about the rapid acceptance of gay marriage across the country and now the Supreme Court has deemed it the law of the land. How dare they! In reality, there is no gay agenda; there is an American agenda and the passing of gay marriage and laws to protect the LGBTQ community is all a part of it. America has been pushing its agenda all over the world and asking for special treatment since the American and Industrial Revolutions. Have you ever gone to a foreign country and not seen an American chain restaurant, not heard American music, or not seen American movies listed at foreign movie theatres. There are large numbers of foreign leaders and their citizens that can speak English. Why? Because English is the accepted language of world diplomacy. That's America pushing the American agenda on the world and asking for special treatment. So, why is it such a surprise when American LGBTQ community follows its country's lead? Why does

COURAGE: PAGE 30

Beneath the Surface

Why are the Planned Parenthood Videos Being Ignored?

PAUL MURANO
VALLEY PATRIOT COLUMNIST



We need to ask ourselves an important question, and without pretty language to obscure it: Why is it so difficult for an otherwise civilized society to reject an organization that kills and dismembers thousands of human beings each year and makes money off their body parts?

In the past few weeks undercover videos have revealed to the world that Planned Parenthood employees have been making deals on body parts and "intact fetal cadavers" of the young victims they kill. An abortionist is heard on it proclaiming "it's a baby" while proudly displaying a disembodied foot, a heart, kidneys, a stomach, and eyeballs of aborted babies they had killed that day. While scanning the body parts, one employee proclaimed "another boy" and another stated "it's a twin". One employee nonchalantly joked about buying a Lamborghini with money she could make off these body parts of preborn babies, and another is heard saying, "Usually you can see the whole brain come out."

And still, when it came for a Senate vote on stopping tax payer funding for such an organization, every Democrat but two voted against it.

Why is the "choice" against barbarism so difficult in the 21st century?

No longer can we turn a blind eye to what places like Planned Parenthood do. No longer can we change the subject when we hear 4200 preborn children are killed each day in the U.S. No longer can we deny the fact that there are people willing to rationalize this all the way to the bank, making millions off the blood and dismembered bodies of our most vulnerable. No longer can we allow them to insult our intelligence with "women's health" rhetoric to justify this. And most of all, no longer can we pretend this is not occurring in our backyards - in Planned Parenthood centers, abortion clinics, and hospital rooms across the country. Our silence impugns us, making us complicit in this evil.

We have heard the rationalizations and we know they are false. We know the condition or stage of maturity of a human being is irrelevant to their intrinsic worth, that immaturity or disability is immaterial to the question of being and value. "Mary" would have the same intrinsic value if she became a paraplegic in a vegetative state. "John" would too, even if he enters a nursing home decades from now being unable to talk, remember people, or feed himself. Likewise, both Mary and John had no less intrinsic value in their embryonic stage of life than they do in their adult stage. Adults are simply grown up embryos. We all know this. Science and reason are clear. No longer can we pretend this is simply ideology or opinion.

And yet the question remains, and it is a fascinating one: Why are so many Americans willing to allow this barbarism to continue, either by silence or through outright support? This is a great mystery.

I could end this article here with that rhetorical question to ponder. However, I cannot help but offer one answer to which unimpeded reason leads. The 5th and 6th tenets of the natural moral law, i.e. the commandments relating to sex and life, oblige us to control the appetites of our lower nature according to what is good. Sex and violence involuntarily excite us, and for good reason. We are wired to propagate life and to protect it. But losing control of one of these appetites usually means losing control of both. Abusing sex leads to abusing life, and a social norm of premarital sex inevitably leads to the abuse of women and abortion as an "out" from responsibility.

The exact moment society accepted sex outside of marriage as a moral "choice" in the 1970's was the moment that the "choice" to kill one's offspring became inevitable. And here lies the crux of the problem: People will always believe abortion is an acceptable moral "choice" as long as non-marital sex remains one. It is irrational to claim that the symptom is evil but the cause is not.

We now have the added problem that Gen Xers and Millennials have lived their entire lives in a world in which Boomers have replaced the sacredness and inviolability of marriage with a moral norm of mutual objectification and abuse. Self control has become a "choice" rather than an obligation. But here lies the hard truth: We will fall deeper and deeper into the barbarism these videos display if we do not dramatically change course to uphold the virtue of chastity as indispensible to human happiness and civilized living. We cannot respect the dignity of the unborn child if we do not respect ourselves. Short of this, many will continue in denial to uphold a narrative of life to which they see no alternative. No longer can we allow this.

Paul Murano teaches philosophy and ethics at North Shore Community College, hosts Beneath the Surface radio show Monday nights 9-11pm on 980 WCAP, has a Tv show on Burlington Cable Access, and co-hosts the Paying Attention! radio program with Tom Duggan. Paul is also chairman of Heartbeat Pregnancy Help in Burlington and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.

VALLEYPATRIOT.COM
Tomorrow's Eagle~Tribune Stories ... TODAY!
Call for our On-line Ad rates 978-771-4091

You Can Now Pick Up Your Valley Patriot
... in Market Baskets, Hannafords, McDonalds

and now ....
at BICKFORD'S IN WOBURN!

STRAIGHT FROM Sal's PIZZA SINCE 1990 BOSTON'S NORTH END
NORTH ANDOVER
Get your Valley Patriot at SAL'S!
490 Main St.
978-689-7374

Cape Wind Project: A Tale of Crony Environmentalism

Part 4 - The Rest of the Story

Christine Morabito
VALLEY PATRIOT COLUMNIST

It is difficult to believe that a project which will permanently alter the environment, kill thousands of birds and bats, threaten marine life, trample the religious freedom of Native Americans, destroy the livelihood of fishermen and those in the tourist industry, risk oil spills, jeopardize public safety and public health, all while significantly increasing the cost of energy, is still being considered. Despite a decade-long battle, public outrage and numerous lawsuits, Cape Wind developers continue to hold a long-term lease to part of Nantucket Sound, and they are not going away.

Our federal and state governments, in their infinite wisdom, have created a gluttonous green monster through generous subsidies, tax breaks and relaxed regulatory rules for producers of alternative energy. Wind developers and investors know they have been dealt a royal flush, and they are not about to leave all that money on the table.

Massachusetts saw similar crony environmentalism with the now bankrupt Evergreen Solar. Former inspector general, Gregory Sullivan, told Fox News: "The state sunk about $31 million into this company…. The company shortly thereafter went under, 800 people lost their jobs and the business went to China."

So, when Cape Wind goes bankrupt, which experts are already predicting, taxpayers will lose again. The first red flag - the General Electric's 3.6 MW turbines planned for the project; the hardware that served as the basis for the extensive environmental impact study, have long since been discontinued for failure to withstand the harsh marine climate. They were to be replaced with Siemens turbines, used in wind projects in Germany and Sweden. Not surprisingly, this technology has been plagued by faulty parts and system failures.

Uncle Sam, the Wind Farmer

The late Ted Kennedy addressed the U.S. Senate in 2006 regarding Cape Wind and the sweetheart deal made at taxpayer expense:

"The fact is that the developer, Energy Management Incorporated (EMI) will be eligible for more than $28 million in federal wind energy tax credits in its first year. That's more than the entire amount they claim to have invested so far.

They'll be eligible for those same credits for each of the first ten years of the project's operation -- for a total of $280 million in federal taxpayer subsidies.

The project will also be eligible for between $37 million and $82 million in renewable energy electricity price support subsidies each year from the ratepayers through Massachusetts renewable energy certificate trading program.

In addition, this massive project will be eligible for 5-year accelerated depreciation, which means the developer can write off the cost of this $900+ million project on their federal taxes in just five years, even though the project may be in use for at least 20 years."

Senator Kennedy and others were troubled by the fact that Cape Wind was never properly vetted. From a national security standpoint, they were right to be concerned. Cape Wind had planned to use Bank of Tokyo-Mitsubishi UFJ to arrange debt financing. This was the same bank that, in 2013, was fined $250 million for routing tainted money through the United States from Iran and other countries blacklisted from doing business here.

Shady money has followed wind around the globe. Loose regulations allow them to launder money with ease. A thorough background check would have revealed a link between Cape Wind and organized crime in Italy, which resulted in what the Hawaii Free Press called, "the largest ever asset seizure by anti-Mafia police."

The dark side of wind is conveniently and consistently ignored. Supporters much prefer to embrace the naïve and fantastical idea of ridding the world of fossil fuels.

From the beginning, the true cost of wind energy has been hidden from the public; the benefits and effect on C0□ emissions have been grossly overstated. While still in the proposal phase, the Cape Wind Draft Environmental Impact Statement (DEIS) was extensively studied by the Beacon Hill Institute, who offered the following:

1. The costs outweigh the benefits by between $83 million and $333 million.

2. The conclusion of "no adverse impacts to tourism and recreation" is not supported by the data.

3. The conclusion that the project would not adversely affect property values is based on a flawed study, ignores other research, and is untenable.

4. The estimates of the value of health improvements are greatly exaggerated.

Cape Wind's greed and graft was welcomed by opportunistic politicians. Shortly after his administration approved a hefty rate increase, former Massachusetts Governor, Deval Patrick, accepted

CAPE WIND: PAGE 29

Advocating for Key Priorities in State Senate Budget

IN YOUR CORNER WITH SENATOR KATY IVES

The Massachusetts State Senate debated the Fiscal Year 2016 state budget last month, where I advocated for key provisions that will be beneficial to the constituents of my district. The items below are a number of the district-specific priorities included in the final budget:

Fixing the MBTA

Over the course of the past winter, issues with the state's public transportation system were highlighted after serious delays and infrastructure failures impacted commuters across the state. In an effort to address system deficiencies, this year's budget includes provisions that will strengthen oversight and accountability by expanding the MassDOT Board from seven to eleven members and creates a special MBTA Fiscal Management and Control Board (FMCB), charged with recommending a plan to stabilize and strengthen the finances, management, and operations of the MBTA. Importantly, this budget preserves the current cap on fare increases--limiting any increases to five percent every two years.

Increase in the Earned Income Tax Credit

By delaying a corporate tax deduction only available to a small number of multinational corporations, called FAS 109, we are now able to pay for increased tax credits for lower wageworkers and working families. The earned income tax credit will be increased from 15% to 23% so that residents who qualify for the federal EITC will be eligible to take up to 23 percent of that credit on their Massachusetts tax return--a more than 50 percent increase over the current rate of 15 percent, and the first increase in 18 years. Workers who qualify for the highest EITC credit will now receive a $1400 tax break -- a 53 percent increase for those who need it the most.

Municipal Bulk Purchasing of Narcan

In light of the ongoing opioid crisis affecting the Commonwealth, I made implementing municipal bulk purchase of Narcan for our first responders one of my top budget priorities because I believe our first responders should not have to compete for Narcan funding through a competitive grant process in order to keep Narcan in stock. When used timely, Narcan has proven to be effective in responding to heroin overdose and saves lives. Bulk purchasing of Narcan will also address the financial strain of Narcan's increasing price.

This budget will create a Municipal Naloxone Bulk Purchase Program to allow municipalities who contribute to a Municipal Naloxone Bulk Purchase Trust Fund to purchase Narcan for their first responders.

Supporting the Early College Program

I secured $200,000 for Northern Essex Community College to continue their Early College program with local school districts, including Amesbury and Haverhill. The program offers students in participating high schools the opportunity to take college level courses to gain college credits and valuable experience before they graduate high school. This funding will also be used to develop the program further in other communities in the district, including Methuen and Newburyport.

Advancing the Work of Pettengill House

I secured $90,000 to support the programming and services of Pettengill House, a non-profit, social service organization based in Salisbury and Amesbury. The Pettengill House provides critical supports and resources to area residents ranging from assisting with health insurance needs to providing emergency food for families and after school programs for children.

Keeping Our Visitor Centers Open in Massachusetts

I worked with the current Senate Chair of the Joint Committee on Tourism, Arts, and Cultural Development, Senator Lesser, to include $400,000 to maintain the operation of 11 visitor information centers in Massachusetts, including the Maria Miles Visitor Center in Salisbury. Having served as the Co-Chair of this Committee in the last legislative session, I understand the important role that visitor centers on our state highways play in the promotion of local amenities and attractions to boost our tourism economy.

Accessible Arts in our Community

I filed a successful amendment, which allocates $60,000 to support efforts to convert the former Cogswell School in Bradford into an arts center. These funds will be used to address repairs identified in the project's feasibility study, including mending a leaking roof and outstanding plumbing and electrical issues.

Expanding the River Cities Initiative

I successfully advocated for a $75,000 allocation in the budget for The River Cities Initiative, an initiative I launched two years ago to expand public access to the Merrimack River. These funds will expand the Methuen Public School's

rowing program with Essex Rowing Club, Inc. It's important to maintain a proven and successful program which gets youth out on the river, gaining skills that place them in a more competitive position pre-college. The more public recreation on the river, the more shared commitment to protect this resource -- a source of drinking water for a number of communities in the Merrimack Valley.

Advocating for Newburyport Infrastructure

I was able to secure, jointly with Senator Bruce Tarr, $50,000 for an independent engineering study to identify a long-term fix and the associated costs for Plum Island's sewer system failures.

I also secured $25,000 for additional lighting in the city's municipal public parking lots to enhance the security of residents and visitors to the downtown area.

Education and Local Aid Funding

This year's budget includes increases in both local aid and education funding. Additionally, the Special Education Circuit Breaker, a program that offers reimbursement opportunities to school districts for certain special education costs, has been

IVES: PAGE 30

UNCLE EDDIE'S
Oceanside Tavern

OPEN
YEAR ROUND

LIVE BANDS
FRI-SUN

The Little Club with the BIG Sound
Pool & Darts
978-465-9779

8 Ocean Front, Salisbury Beach, MA

THE PINES CAMPING AREA

4 Miles from Hampton Beach

1-1/2 Mile to Salisbury Beach

Seasonal Sites * Tent Sites *Water/Elect. * Sewer Sites * Theme Weekends

(978) 465-0013

28 CCC Road Salisbury, MA 01952

www.pinescampingarea.com * pinescampingarea@comcast.net

Markey's

LOBSTER POOL
Route 286, Seabrook NH

~ Delicious ~

Cool Breezes, Overlooking the Water

Join the thousands of people who return and enjoy Markey's

1-603-474-2851
Route 286, Seabrook NH

Open Mon-Thurs 9AM - Tommy and Joyce Welcome You!

Pick up your Valley Patriot all YEAR at Markey's

Movie Listings: (978) 465-7641

VISION MAX CINEMA

Cinema 95

201 Elm Street

Salisbury, MA 01952

Movie Listings: (978) 465-7641
Voice Phone: (978) 462-3030

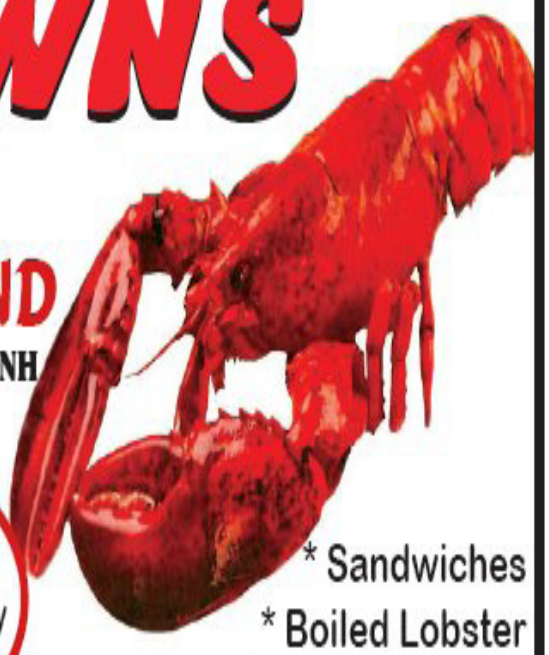
visionmaxcinema.com

BROWNS

SEABROOK

LOBSTER POND

Route 286, Seabrook Beach, NH



Open Year Round
April 1 to Nov. 15 Every Day
Nov 16 to April 1, Fri, Sat, Sun, & Holidays

* Sandwiches
* Boiled Lobster
* Steamed Clams
* Fried & Baked Seafood

Eat your dinner in our scenic dining room or over the water on our open deck

Take Out Service
Call Ahead
(603) 474-3331

A New England Favorite Since 1950

Open All Year

Cristy's PIZZA

Salisbury Beach - MA (978) 462 2640
Hampton Beach - NH (603) 929 4496

MCAD to Hear Corruption, Whistle-blower Case Against Town Manager

Corruption, Cronyism, Sexual Harassment Case to be heard Sept 23rd

The Massachusetts Commission Against Discrimination (MCAD) has granted a hearing to former members of the Salisbury Board of Health, after Town Manager Harrington fired the entire board for trying to expose corruption, conflicts of interest, fraud, "apparent government waste" and retaliation against them as "whistleblowers".

The suit was filed by the former board member, Reverend Robert Gallagher who told The Valley Patriot that the level of corruption in Salisbury is so deep and accepted as "business as usual" that it is impossible for local people to do much about it without the help of state officials.

The suit stems from several actions by the Salisbury Board of Health which former members say angered Town Manager Neil Harrington, who threatened to fire board members for not going along with the status-quo, then carrying out that threat by retaliating against board members who complained to state officials, asking for an investigation.

"The Selectmen have forfeited all control to the Town Manager which turns the town charter upside down. The Town Manager should be accountable to the Selectmen, not vice versa."

Gallagher says that Manager Harrington refused to meet with the Board of Health and then refused to fund their attendance at an annual Board of Health training.

HARRINGTON BLOCKS LEGAL ACCESS TO ATTORNEYS

The Board also complained of corruption by Town Manager Harrington when he purposely denied them access to the town attorney's at Kopelman and Paige "to disclose concerns about Health and Safety Ethics, Government Waste and Fraud and to seek legal guidance re: conflicts, enforcement, sexual harassment, interpretation of state health codes, and extent of [The Board of Health's] obligations."

Former Board of Health members say Selectman Freeman Condon, has abdicated his authority to the Town Manager.

The Board also tried to expose an environment of sexual harassment being the standard for employees to endure in Salisbury. According to documents and video, Town Manager Harrington was present at a public workshop when one of his town employees made allegedly sexually harassing comments to female members of the Board of Health.

The board claims Harrington's failure to reprimand his employee and covering up "serial" instances of sexual harassment that they say is "pervasive pattern not only of sexual harassment and hostile work environment but also an additional genre of discrimination."

The Board also presented a wide variety of evidence of "cronyism and corruption " against the Town Manager and the Board of Selectmen who have knowingly allowed intimidation, sexual harassment, and fraud of taxpayers dollars.

ONGOING PATTERN OF CORRUPTION

This isn't the only instance of corruption and cover up by Salisbury Town Manager Neil Harrington. The Valley Pa-

SALISBURY: PAGE 29

WASTE, FRAUD, AND A TOWN COVER-UP

Among the many instances of waste and abuse of public dollars included the Board of Health complaining to the Attorney General's Office, in an attempt to expose the waste of state taxpayers' money.

The Board was seeking to expose the town using state tax dollars to pay $450 per unit, per week, to house the homeless in flophouses, which do not meet state health standards, putting the homeless at risk.

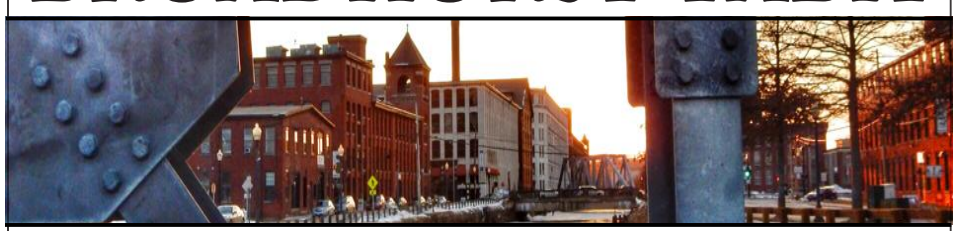
"As soon as the BOH started looking into the flophouses, the town manager landed on us like a ton of bricks, telling us to back off from enforcing the state sanitary code and threatening to fire the entire board for being too pro-active," Reverend Bob Gallagher told The Valley Patriot. "Our goal was not to displace the homeless but to be certain that they have safe and clean quarters."

Former Board of Health members say Selectman Freeman Condon, has abdicated his authority to the Town Manager.

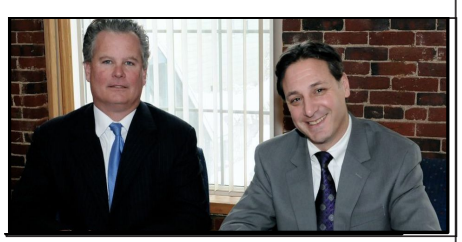
Gallagher noted as one example of unsanitary and unsafe living conditions was how homeless families had to wash dishes in the tub because there were no kitchen sinks.

Gallagher also noted that these same flophouses dump families with school children onto the streets before the school year ends, once the seasonal weather comes. He says this interrupts their education and displaces them with nowhere to go.

BROADHURST TABIT



Where the Merrimack Valley turns to for legal counsel



MERRIMACKVALLEYLAW.COM 978-327-5128

NEWBURYPORTGUIDE.COM

Your Home Away from Home in the Greater Newburyport Area

Rebeccah Pearson
VALLEY PATRIOT NEWBURYPORT COLUMNIST

In the heart of downtown Newburyport, you will find two hidden treasures, The Compass Rose Inn and The Clark Currier Inn. This sophisticated, all-suite Inn offers you the opportunity to relax and experience the character and historic charm of a picturesque New England town. The Compass Rose Inn Newburyport maintains that federal period ambiance that welcomes you upon your arrival. Extensive historical detail throughout the Inn speaks to an earlier more genteel time. Their spacious accommodations include five elegant three-room suites, each with a fire placed sitting room, bedroom with king sized bed and a luxurious private bath and dressing alcove. Each morning their guests enjoy a full, hot breakfast with fresh pastries, fruit, cereals, coffee, tea, and juices; a great time to meet new friends around our inviting dining table. Quiet and private business meetings can be held at the Inn with comfortable seating for eight. The antique Palladian church window beckons the afternoon sun. An overstuffed chair and ottoman welcome the reader to enjoy! A wonderful place to be snowed in as well, allowing you to become part of the seasonal seascape of our great city in the lap of luxury at the beautiful Inn. Climb to the top of the Inn and enjoy a glass of wine while looking over the water by day and the sparkling cityscape by night. The Inn is surrounded by flowering shrubs and perennials. A breathtaking patio provides a secluded garden sanctuary at our quiet side street location. The Inn is open year round and provides a great winter getaway! Holidays with the Compass Rose Inn, near family and friends, will provide a feeling of home while you are away. Have a meal catered from a local restaurant as a special gift, or gift certificates are available for a night of business or leisure!

The Clark Currier Inn is an historic house in an historic city. That history is reflected in the rich variety of original buildings that have survived for more than 300 years since the first Europeans settled on the banks of the Merrimack River. Thomas March Clark, Sr. was the shipbuilder who built the house in 1803. His success, wealth, and good taste are evident in many features throughout the house. So this explains Clark, but who was Currier? Well he was the owner at the time of the Works Projects Administration (WPA), hence the hyphenated title. Currier is a common surname in the area. Currier was a cousin to one half of the lithographer team of Currier & Ives.

NEWBURYPORT: PAGE 28

Senate Approves Tarr Beachgoer Protection System "Caleigh's Bill" Enhances Safety With Uniform Flag Warning Standard

The Massachusetts State Senate has unanimously approved a bill sponsored by Senate Minority Leader Bruce Tarr (R-Gloucester), intended to enhance the safety of millions of swimmers attracted to public beaches by summer heat through the establishment of a color-coded flag system. Tarr filed the legislation, known as "Caleigh's Bill", following the tragic loss of Caleigh Harrison, a two-year old Gloucester girl, who is believed to have been swept out to sea while on Rockport's Long Beach in April 2012.

"The memory of Caleigh's disappearance will live with all of us for a very long time; her family's loss is a great tragedy and an inspiration for us to act," said Tarr. "Her uncle, David Harrison, spurred our legislative efforts when he learned about the uniformity of water warning systems in other states and countries. In adopting this bill, Massachusetts will promote greater awareness of the potential dangers that the ocean can present so that we can protect lives and enhance enjoyment of our coastline."

Senate Bill 1956, a bill creating uniform beach warnings, co-sponsored by Representative Ann-Margaret Ferrante, Senators Vinny deMacedo, and Donald F. Humason will:

- Require the Department of Conservation and Recreation (DCR) to develop a uniform warning and safety flag program to be used at all public beaches maintained by DCR, by providing a uniform size, shape, color, and definition for each warning and safety flag,
- Allow a municipality to adopt the uniform flag warning and safety program by requiring a vote by a city council, town council, or town meeting,
- Create a water quality procedure that ensures timely and accurate updates.

The bill now moves to the House of Representatives for further consideration.

VALLEYPATRIOT.COM
Tomorrow's Eagle~Tribune Stories TODAY!
Call for our On-line Ad rates 978-771-4091

God is Not Into Behavior Modification!

Peter Larocque
VALLEY PATRIOT COLUMNIST

Back in the mid 1970's, after graduating from High School and entering the work force, I took on a job at a State facility for mentally retarded adults. My job title back then was "MHA-1" which was an acronym for "Mental Health Assistant, Level 1".

The job itself is not my main focus for this column. What I want to discuss with you is the term used quite frequently at this facility called "Behavior Modification". This term was used for what we called behavior change techniques to increase or decrease the frequency of behaviors, such as altering an individual's behavior and reaction to stimuli through positive or negative reinforcement of adaptive behavior. I suppose that in this setting and under these conditions, these behavior change techniques may be useful and helpful, but they have absolutely nothing to do with how God our Father interacts with His children!

Unfortunately through the years, the Church of Jesus Christ has become more concerned with and focused upon behavior and sin and the continuation of the preaching of the Law of Moses, rather than the preaching of the Completed work of Jesus Christ which brings about real life transformation! We read in John 1:17, "For the law was given by Moses, but grace and truth came by Jesus Christ." The law, meaning the 10 Commandments, which God gave to Moses on Mt. Sinai, was fulfilled by Jesus Christ! Matthew 5:17. If you or I could behave correctly all the time and keep the 10 Commandments perfectly there would be no need for a savior! So to continue teaching the law as if it wasn't fulfilled by Jesus Christ is to do so contrary to scripture. Preaching the law keeps people focused on sin, 1Cor.15:56, "…the strength, (the power) of sin is the law". Behavior will not change by the preaching of the law!

Don't get me wrong, the 10 Commandments are Holy and Perfect, but they cannot make us holy or perfect. If they could, Jesus then would not have needed to be born, crucified and be resurrected. Jesus did what we could not do for ourselves, as our substitute He fulfilled the Law perfectly!

At the Cross, Jesus paid for our bad behavior, our sin and gave us His Righteousness! We read in Romans 3:20, "Therefore by the deeds of the law there shall no flesh be justified [made righteous] in his sight; for by the law is the knowledge [awareness] of sin. "Romans 3:21, "But now the righteousness of God without the law is manifested…" Romans 3:22-24, "Even the righteousness of God which is by the faith of Jesus Christ unto all and upon all that believe; for there is no difference: For all have sinned, [behaved badly] and come short of the glory of God; Being justified freely by his grace through the redemption that is in Christ Jesus." Galatians 2:16, "Knowing that a man is not justified by the works of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of the law: for by the works of the law shall no flesh be justified."

I cannot say it any clearer than what the Bible says, the law which came by His servant Moses, can't justify or make one righteous which means to be in right standing with God! My advice to Pastors is to stop preaching that God is angry and is out to punish people for their bad behavior!

The Good News is, according to Romans 4:5, God Justifies the Ungodly! Everything changed after Jesus said on the cross, "It is Finished!" The sin problem (our ungodliness) has been dealt with! The behavior problem has been dealt with! Jesus Christ, by His one offering has perfected forever them that are sanctified. Heb.10:14.

So this tells me that Christians should not be focused on the behavior of the world, but on the Gospel of Grace which is the undeserved, unearned and unmerited favor of God! Christianity today is not about me or you or what we can do for God but rather what he has done for us.

John 3:16-17,"For God so loved the world that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life, For God sent not his Son into the world to condemn the world; but that the

GOD: PAGE 26

IN THE GROOVE with Cindy Annis

Frankie Valli was born in Newark, New Jersey to Italian parents on May 3, 1934. His real name is Francesco Stephen Castelluccio. At the age of seven, Valli became interested in singing after seeing Frank Sinatra with his mother.

In 1951, Frankie Valli starting singing with a group called "The Variety Trio". The members of the group were Nickie DeVito, Tommy Devito, and Nick Macioci. The group didn't last very long. They broke up in 1952.

In 1953, Frankie Valli had his first record called "My Mother's Eyes" on the Corona record label. With Tommy Devito, Valli created the Variatones. The members of the group were Hank Majewski, Frank Cattone, and Billy Thompson.

In 1956, the Variatones changed their name to The Four Lovers. That same year, the group had a small hit with "You're The Apple of My Eye." In 1959, Bob Gaudio joined the Four Lovers and after a few changes, the group changed their name to The 4 Seasons. The group got its name from the cocktail lounge where they auditioning in 1960. The members of the 4 Seasons were Frankie Valli, Bob Gaudio, Tommy Devito and Nick Massi. The group had forty-one songs on the Billboard Hot 100. Their first #1 hit was Sherry in 1962. The Song was written by Bob Gaudio and produced by Bob Crewe.

In 1965, Frankie Valli and the 4 Seasons recorded a Bob Dylan song called "Don't Think Twice". They decided to change their name to "The Wonder Who" for the song. In November of 1965, "Don't Think Twice" went to #12 on the Billboard Hot 100.

Bob Gaudio and Bob Crewe worked with Frankie Valli in the 1960s and 1970s to created great songs. "The Sun Ain't Gonna Shine Anymore" was first recorded by Frankie Valli himself in 1965 on the Smash record label. In April of 1966, the Walker Brothers had success with the song making it a #13 hit on the Billboard Hot 100. The Wonder Who were on the Billboard Hot 100 four times.

Unfortunately, Frankie Valli's hearing started to go downhill in 1967. He needed to sing from memory during his career in the 1970s. Valli had a disease known as otosclerosis. This is an abnormal bone growth in the middle ear. His hearing has been partially restored.

As a solo artist, Frankie Valli has been on the Billboard Hot 100 fifteen times. A #1 record in 1974 that was originally supposed to be called "Brown Eyes of Georgia" became "My Eyes Adored You". Barry Gibb of the Bee Gees wrote the title song to one of the biggest movies of 1978, and Frankie Valli recorded it: Grease is the word.

In 2005, a musical about Frankie Valli and the 4 Seasons was introduced to the public. The show is called Jersey Boys. The show is told from four different angles. The audience gets stories from 4 Seasons members Bob Gaudio, Frankie Valli, Tommy DeVito, and Nick Massi. Some very personal experiences that Frankie Valli had are also included in the Broadway musical. In 2014, the Broadway show became a movie.

Frankie Valli should have continued recording music. He isn't a good actor at all. He has made appearances on television shows such as Full House, Miami Vice, and The Sopranos. He has had small roles in several movies, including his most recent "And So It Goes" in 2014.

Tune into Cindy's Vinyl Vault all this month for our featured Artist of the Month. We go live Sunday night at 10pm til midnight, Monday night 11pm til midnight, and Wednesday night 10pm til 11pm on AM 980 WCAP. During every show, you are invited to call in a request or dedication at 978-454-4980. Join our Facebook page at www.facebook.com/cindysvinylvault. There, you'll be able to listen to past shows commercial free. If you would like to send us an email our address is cindysvinylvault@gmail.com. So until next month, remember it's not how old it is, it's how great it sounds.

The Irish Cottage
Restaurant & Pub
1111 Riverside Drive, Methuen MA 01844

Join us Monday Through Thursday For Three Course Dinner Specials For only $19.99!
Prime Rib every Monday and Wednesday.

Kid's Eat Free On Monday's With an Adult Entrée Purchase.

Live Entertainment Every Saturday Night and Traditional Irish Session Every Thursday Night.
These offers cannot be combined
With any other offer. Not valid towards alcoholic purchases.

$5 Off
A purchase of $25 or more. Not valid towards alcohol.

$10 Off
A purchase of $50 or more. Not valid towards alcohol.

TARSHI LAW OFFICE
510 ESSEX ST
LAWRENCE, MA 01840
(978) 686-1821

WCAP RADIO IN LOWELL - 980WCAP.COM
THE VALLEY PATRIOT
"Congress shall make no law..."
valleypatriot.com
2004 A New England Press Association Award Winning Newspaper 2013
A FREE MONTHLY JOURNAL OF NEWS, COMMENTARY AND EVENTS, SERVING MA & NH
MAY, 2013 VOLUME 10, ISSUE 5 Edition 115

BREAKING NEWS!
The Valley Patriot Newspaper In 51 Cities and Towns Every Month
CALL US FOR AD RATES 978-771-4091
valleypatriot.com
LOWEST AD RATES * MOST LOYAL READER BASE

BABIES AND BRIEFCASES

SAFETY FIRST - LETTING THE KIDS STAY HOME ALONE

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST

It's hard to believe but school bells will be ringing soon and children will be returning to the classroom. For many, returning to school also means that they will be home alone after school until their parents get home from work. If a child is old enough and mature enough to stay by themselves, there should be some rules in place.

First, the child should check in with a phone call letting their parent know that they arrived home safe. Most kids nowadays have cell phones, which are great for safety reasons. Practicing a drill of calling 911 is great safety item for children. Most know or have heard on TV what 911 is, however, having to call in a real life situation is another thing so a practice run can be beneficial should the need arise to have to call. Emergency phone numbers should either be listed somewhere in the house, or on the child's cell phone. Depending how old they are, do not let them cook on the stove or use the microwave while parents are away, Keep all dangerous items out of reach like knives, guns, power tools, scissors, razor blades and other objects that could cause injury. Also, keeping medicines, poisons and pesticides out of reach from children is another must do.

Safety steps should be put in place that your child can adhere to while they are home alone. Keeping both the doors and windows locked should be first priority. If you have a home alarm system, teach your children how to use it. This will make them feel more secure and also give them a sense of responsibility. Never answer the door without looking out the window to see who it is first and if it's a stranger, never open the door.

Ask delivery personnel or technicians to either come back later or leave the item on the doorstep if possible. Most people only have cell phones today but if you still do have a home phone, make sure your child does not tell anyone on the other line, unless its a trusted family member or friend, that they are home alone. If the person asks for a parent, be sure to just say that they are busy right now and ask if they can they take a message. In today's social media world, status updates are all the rage. Teach your children that when they are alone in the house to not disclose where they are or that they are in fact, alone. Predators are everywhere these days, so minimize the risk.

Do not allow your child to go outside while you are not at home. If a child hears a smoke alarm or sees smoke coming from inside the house, they should go outside and have a neighbor call the fire department. Having friends over may seem like a good idea at first, but this could be a recipe for trouble. Usually kids get into mischief in numbers rather than alone, so take precaution and only allow them to have friends over when you are home. By adhering to rules, letting your children stay home alone can teach your child to be more independent and give them a great sense of responsibility.

VALLEYPATRIOT.COM
Tomorrow's Eagle~Tribune Stories TODAY!
Call for our On-line Ad rates 978-771-4091

TEEN TALK WITH ANA DEBERNARDO

Thank You Holy Father!

Jorge Mario Bergoglio made history on March 13, 2013 by becoming the first pope to come from Latin America. Pope Francis made history once again this past month, when he set out on an 8-day excursion to his native South America. During his visit to some of the continent's poorest countries, he spoke out against social injustices, contemporary capitalism, and the plight of the poor in Latin American regions. He urged crowds to "embrace hospitality" and reject the "logic of selfishness". After his first stops in Bolivia and Ecuador, Pope Francis ended his tour in Paraguay, the country I am coincidentally writing this column in.

Koki Ruiz, a renowned Paraguayan artist, created a unique masterpiece to commemorate the visit from the pope: a gigantic altar made of corn, coffee beans, coconuts, and other crops native to Paraguay. When asked about his inspiration behind its creation, Ruiz said the altar represented the fusion of indigenous and Spanish cultures that make up Paraguay's colorful population.

While first and foremost being an homage to the Pope, the altar also represented the country's agricultural environment. Pope Francis celebrated Mass outdoors on this "edible altar" on his final day in Paraguay. Of the 1.5 million witnesses of the much awaited event at Nu Guazu, thousands of Paraguayans and neighboring Argentines (among them President Cristina Fernandez de Kirchner) flocked to the altar to write names or prayers on the tiny coconut shells and gourds that make up the colored parts of the altar.

Made with over 32,000 corn cobs, 200,000 baby coconuts, pumpkins, gourds, squashes and seeds of all sizes, shapes and colors, the altar at Nu Guazu is a testament to the originality that stems from the country's roots. In the center of the altar stands a column with the cross and the Papal symbols, to the left, a portrait of St. Francis with a dove and to the right, the face of St. Ignatius of Loyola, founder of Pope Francis' own Jesuit order.

In addition to the corn altar, the people of Paraguay composed a song in honor of the Pope's special visit titled "Gracias, Santo Padre" or "Thank You, Holy Father", which they used as his "theme song" throughout his stay. Out of 85 songs that were in the running to become the pope's personal hymn, the winner was eventually chosen by the Episcopal Paraguayan Conference. Nine artists from different church choirs across the country came together to form "El Grupo Nazareno" and record the song. One part of the song is even sung in Guarani, a native language to the indigenous people of the country. Much like the corn altar, the song composed for the Pope reflects all the individual qualities that define the nation through their language, instruments, and presentation. The song quickly grew popular throughout the country and the local radio stations, and even went viral on social media sites nationwide, documenting the historic visit and the Pope's hopeful message to the people for years to come.

"Me quito el sombrero ante Paraguay... del Coco y del maíz hacen un altar, en el barro hacen oración y de la basura hacen música! Es increíble este país. Conózcanlo!"

"I take off my hat to Paraguay...from coconuts and corn, they make an altar, they celebrate Mass in park made of dirt, and from the trash, they create music! This country is incredible!"

LAWRENCE FIREFIGHTER'S
Relief's In Lounge & Function Facility
BEST FUNCTION HALL IN THE MERRIMACK VALLEY!
RELIEF'S IN · LAWRENCE, MA · INC. Est. 1977
PROUD SPONSOR OF THE VALLEY PATRIOT ANNUAL BASH!
1 Market Street, Lawrence MA 01843
(978) 687-9053 www.reliefsin.com

SHEILA'S RECIPE CORNER

SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

Summer! YEAH! My favourite time of year! It's the time when all the good things that the garden & farmstands have to offer. And, oversized & abundant zucchini & tomatoes are at the top of the list. This month's column is all about zucchini & tomatoes & some new ways to use them.

Vegetable Curry

I love curry. I love curry in almost any form as I grew up eating it & it's incredibly versatile as one can add, subtract, substitute various ingredients & seasonings. It's wonderful, in the same way that a soup is, for using up all those things that one doesn't know what to do with AND it can be fairly fast.

This is essentially a 2 dish meal, one for the rice & one for the curry; it's complete & nothing more needed, now how's that for a fast, after work meal? Let me know what you think.

1 small eggplant
4 large ripe tomatoes, cut into 1/2" pieces, save liquid
2 onions, sliced
1+ cup of water
¼ c ground coriander
3 rounded tablespoons of curry powder
1/4-1/2 t cayenne, to taste
½ c green beans
2 c zucchini, cut into 1" pieces
1 c broccoli
1 medium carrot, cut into slices
1 c summer squash, cut into 1" pieces
2 T oil
2 T raisins
2 T cashews, roasted & salted

In a medium to large pot, heat oil & add onions. Saute over medium heat, stirring occasionally, until lightly caramelized, 8-10 minutes.

Add tomatoes, liquid from tomatoes, & ½ c water, & spices. Let simmer for 5-7 minutes, until tomatoes break down. About 3 minutes in to the tomato cooking time, add the carrot slices.

Add the rest of the vegetables. Let cook until done; 5-7 minutes. Cook's note: I generally use frozen broccoli & green beans here.

Serve over rice. Top with cashews & raisins. Serves 4-6.

One of the best things about summer is making a staple for winter & now; ratatouille. Zucchini, eggplant, onions, & tomatoes; all the glories of summer. When I look around the web, I see so many grilled cheese sandwiches, of every possible sort, so I thought, hmmm, why not a ratatouille one? This is a Dagwood-type sandwich, so I hope you are hungry!

I tried doing this by hand slicing & found that it did not work as well as with a mandoline.

1 small eggplant*
1 medium onion
1 small tomato
1 small zucchini*
6 slices of ciabatta bread
6-8 oz mozzarella fresca
basil leaves, optional
salt & pepper
4 T olive oil

Slice all vegetables on a mandoline (one may need to use a knife for the tomato). Slice the zucchini & eggplant lengthwise. *You can use leftover zucchini & eggplant from another use. Slice very thin the mozzarella cheese.

Set the eggplant on a tray with a paper towel liner & salt. Let the eggplant sit for 15 minutes. Turn over & salt the other side. Turn on a grill on high & let preheat.* Let eggplant rest for 15 minutes. Blot on paper towels the eggplants.

Place vegetables on a cooling rack, season all vegetables other than eggplant & place on the grill. Cook for 1-3 minutes per side & remove vegetables to a tray as ready. (*Alternately, one can use a grill pan for both the vegetables & the sandwiches.)

Heat 2 T oil in a large frying pan over medium heat. Add ciabatta bread & layer alternating between cheese & various vegetables (add basil leaves, no more than 3-4/sandwich, if using), starting & ending with the cheese. Add other layer of bread.

Weigh down each of the 3 sandwiches. Cook for 3-4 minutes or until golden brown & cheese is melted halfway through. Add last 2 T oil just before the sandwiches are carefully turned over. Adjust any filling & weigh down again. Cook 3-4 minutes or until golden brown & cheese is fully

melted.

Makes 3 sandwiches.

All recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins & sometimes friends & family. Sheila lives in Newburyport & is an interior designer & a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook, among other things. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

TV TALK WITH BILL CUSHING

Bill's TV Talk Mailbag

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

From time to time, my column will feature questions asked by readers regarding the world of TV. Feel free to email me with any questions you may have about TV at BillsTVTalk@gmail.com, and I'll do my best to answer you and may feature your question in a future column. Here's what we got!

Bill, I love your column, and I cannot wait for the return of The X-Files. Anything you can tell me about it? When will it return? What can we expect? Thanks! – Donna from Tewksbury, MA

Thanks for the kinds words Donna. You won't have to wait too much longer. The X-Files returns on January 24th, right after the NFC Championship game on FOX. I would definitely expect the things that made you a fan in the first place. Creepy, well written stories, with some of that great X-Files mythology thrown in. The full cast of the original is returning along with David Duchovny and Gillian Anderson. We will also see Mitch Pilleggi returning as Skinner, William B. Davis as the mysterious Cigarette Smoking Man, and the lovable Lone Gunmen will be making an appearance as well. All of the actors were extremely excited to return and hope that there will be more to come after this short 6-episode run.

Please give me some scoop on Homeland! It's my favorite show. – Christine from Dracut, MA

Christine, are you ready for a big time jump? When Homeland returns for season 5, it will be a full 2 years since the events of last season. Carrie is struggling with her guilt and disillusionment from working on the front lines in the war on terror. She is in a self-imposed seclusion in Germany, estranged from the CIA, working for a private security firm. Season 5 will premiere October 4th on Showtime.

It took me a few episodes to warm up to it, but I really ended up enjoying The Comedians on FX. Can you give me any scoop for season 2? – Sam from Lawrence, MA

Sorry to be the bearer of bad news Sam, but unfortunately the ratings just weren't there for The Comedians and FX decided to pass on a second season.

Bill, I really look forward to reading your column every month. Keep up the good work! I just binged watched the first season of The Leftovers and I'm hooked. Anything you can tell me about season 2? - Laura from Andover, MA

Thanks very much Laura. I do have some stuff to tell you about Season 2. When the season starts, the Garvey's will have relocated to a town called Jarden, Texas. There was a reason for this relocation too. Jarden, Texas has a population of 9,000 and on the day of The Departure, they didn't lose a single person. It will add a whole new dynamic to the show. The first season was completely based on the novel by Tom Perotta. There is no follow-up book to The Leftovers though, so Season 2 - which premieres Sunday, October 4th on HBO - was up in the air, story-wise.

Bill, what can you tell me about the upcoming CSI series finale? – Rich from Seabrook, NH

Rich, the series finale will air on Sunday, September 27th on CBS. What I can tell you is that a pivotal death will reunite members of the original team, including William Peterson and Marg Helgenberger. However, original cast members Gary Dourdan and George Eads will not be appearing in the finale. Ted Danson's character will relocate and be appearing on CSI: Cyber next season.

That's all for this time faithful readers. See you next month!

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes for daily up-to-the-minute TV news and discussion.

GOD:FROM PAGE 24

world through him might be saved."

God sent a Savior, not a condemner!

If He who knew no sin and did no sin and in him was no sin didn't condemn the world with all its bad behavior, who am I, who knows sin, did sin and still sins, to set myself up as Judge and Jury over the world?

This is why sharing The Gospel of Grace, The Good News and staying focused on Jesus and His accomplishments is what brings about Real Life Transformation in the lives of people! God is not into Behavior Modification, He is into Life Transformation!

Amen!

Love you all!!! Peter Larocque

meineke®
car care center
SEE OUR AD ON PAGE 7

TARSHI
LAW OFFICE
510 ESSEX ST
LAWRENCE, MA 01840
(978) 686-1821

Children's Brains as Collateral Damage

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

In a classic case of toiling silently in the wilderness for the greater good Dr. Ann McKee and Dr. Robert Cantu had for years been investigating the damage to brains from playing American football in the NFL, college and school levels. This was back when their work was unpopular and politically incorrect given the huge profits generated by the NFL, a tax-exempt non-profit organization. http://www.bu.edu/cte/about/leadership/

Slowly but surely, as science always works, the 2 good doctors built a body of solid evidence that could not be denied - repetitive brain injuries such as those caused on the football field caused permanent and worsening brain damage that left players demented at an early age. They called it CTE - chronic traumatic encephalopathy.

The NFL players, being the victims, understood CTE clearly. Junior Seau, at age 43, paid his ultimate respect to science by shooting himself through the heart so his brain could be examined carefully, the ultimate sacrifice for the greater good. Children and parents throughout the US owe him an irredeemable and unforgettable debt.

The NFL however put its efforts at coming up with a helmet that would generate windfall profits for the NFL and allay parents' concerns. All parents would have to do is pay $500 for an NFL-approved 'smart' helmet with a red bulb that would glow after a serious head butt.

Two things then happened.

Dr. Cantu and colleagues informed the NFL that no helmet could ever be safe. A full report was issued. The NFL kept the report secret but you can read it here - https://www.documentcloud.org/documents/694961-2013-04-17-12-09-34-dr-14-performance-spec-11-15.html

And the National Institutes of Health issued its analysis of Junior Seau's donated brain. The NIH confirmed that Seau had indeed been brain damaged severely and that everything Dr. McKee and Dr. Cantu had been saying in the wilderness was true. https://espn.go.com/pdf/2013/0110/espn_otl_NIH_Statement.pdf

This double-whammy caused 2 interesting responses from the NFL.

First the NFL was forced to publicly concede that it could no longer claim simply wearing an 'NFL-certified smart helmet' would save the League's future profits. The NFL waited 3 years after the secret report to make this announcement. http://www.sportsbusinessdaily.com/Daily/Issues/2015/02/20/Leagues-and-Governing-Bodies/NFL-Concussions.aspx

Second, it decided that Dr. McKee and Dr. Cantu had to be neutralized and appointed a Brigham cardiologist, as it's new Medical Director. Dr. Betsy Nabel is the President of Brigham & Women's Hospital and now the NFL's Medical Director at the same time.

Did you get that? A cardiologist is now the person allegedly in charge of brain concussion research at the NFL, instead of a neuropathologist (Dr. McKee) and a neurosurgeon (Dr. Cantu).

And how did the NFL think it could get away with it? By repeating Harvard, Harvard, Harvard, every time it said Dr. Nabel's name. And it worked. No one in the entire US has publicly wondered why the NFL has appointed a cardiologist in charge when Dr. McKee and Dr. Cantu have been working for years on this very topic. Hey! Dr. Nabel is from Harvard! She isn't just some neurosurgeon from BU. Remember, you read it here first.

Immediately, Dr. Nabel issued press statements asserting this was going to be a "long hard journey" - "We're just at the beginning of understanding the long-term effects of repetitive head injury. We need to better understand the basic biology, the basic mechanisms behind repetitive head injury, and then on the basis of that

BRAIN DAMAGE: PAGE: 29

THE DOCTOR IS IN!

Public Health and Personal Liberty

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

One of my favorite quotes from President Reagan is, "The most terrifying words in the English language are: I'm from the government and I'm here to help." Now, you can take the underlying meaning of the quote any number of ways. The first is that the government is incompetent at most of what it does, and just screws things up. The other way to understand may be that the government is interfering with personal liberty. A revolutionary idea brought into practice by our forefathers at the birth of our nation, and embodied our Declaration of Independence, states, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed."

Some may see a philosophical inconsistency, but I also believe there is a role for limited government to help us secure our rights. The coercive powers of government should be limited, and exercised with the purposes as stated in our founding documents. Public health and personal liberty are areas where these interests sometimes appear to be in conflict. The greatest gains in longevity and quality of life over the past 150 years are, however, almost entirely attributable to advances in public health. This fact may surprise many of us, but it is true.

According to the CDC Foundation, "Public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention, and detection and control of infectious diseases." In the United States, this occurs at the local, state and national levels.

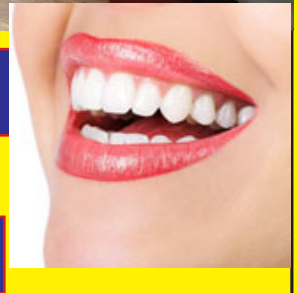
One of the biggest responsibilities the local Boards of Health has in any town or city in our area is clean water. Our lakes and reservoirs are replenished by rain and surface streams, fed by runoff waters that do not respect property boundaries. Massachusetts has a very tough regulation called Title 5. Title 5 regulates how septic systems return and purify waste water back into the envirnonment. Any homeowner who wants to sell their home who has a septic system and who has failed a Title 5 inspection can suffer a tremendous financial burden to update, upgrade or replace a system as a condition of sale. The alternative is polluted ground and surface waters, disease and misery. There is a legitimate government interest in keeping individuals from polluting their neighbor's drinking water, just as there is keeping a police force from keeping others from taking your possessions or your life.

Vaccinations have been discussed on these pages before. Suffice it to say that there is a delicate balance. Some people are hurt by vaccination, this is a fact, although the risk is vastly overestimated by some including vocal and poorly informed celebrities. They cynically pit the politics of personal liberty against the public health establishment, questioning its motivation. It is a fact that infectious diseases do not respect property boundaries, and that there is a legitimate interest in near universal vaccination. It is also fact that vaccination completely eradicated small pox, and almost defeated polio. The Western Hemisphere has been free from polio for over a generation, but somehow it persists in pockets of South Asia and Africa. Some have spread rumors that vaccination is a secret plot to sterilize children, so the parents purposely hide their children from being vaccinated, often with devastation and remorse.

Much closer to home, my family traveled to New York City last year. Although I am not a big fan of former Mayor Bloomberg, one of the more remarkable public health improvements is the letter grading system assigned to food establishments in the city. A letter grade of A, B or C is given and there is a requirement to post the grade in a conspicuous manner. The grade is based on sound evidence from inspections. Preparation surfaces are clean and maintained, food is kept at the proper temperature, etc. The restaurants compete with each other and advertise their results. I think the system is brilliant because it promotes food safety, transparency, and everybody wins. On the other hand, the Mayor went too far against personal liberty when he tried to regulate the size of sugary drinks. For example,

LIBERTY: PAGE 31

Vaso Patsi Hatzigiannis D.M.D.
Joseph P. Beninato D.M.D.
Located at Riverwalk Complex
354 Merrimack St., Suite 334 (Bldg. 1, Entrance C), Lawrence, MA 01843

*Implants * Crowns* Bridges
* Root Canals * Whitening * Dentures
* Cleanings * Inlays and Onlays
* White Fillings * Extractions
* Pediatric Dentistry
INVISALIGN BRACES!!

Phone (978) 685- 1499
OFFICE HOURS: Mon - Wed: 8am - 5:30pm
Thu: 8am - 5pm, Fri: 8am - 2pm

Rep. DiZoglio Secures Funding for Opioid Abuse Prevention

Included in this year's 2016 State Budget is an amendment, sponsored by State Representative Diana DiZoglio (D-Methuen), for $25,000 toward the Lawrence-Methuen Community Coalition (LMCC)'s recently formed Merrimack Valley Opioid Abuse Prevention Collaborative.

The LMCC is a resident-based coalition focused on the prevention of substance abuse, child abuse and domestic violence through the establishment of neighborhood associations and community networks.

Through a $100,000 grant awarded earlier this year by the Commonwealth's Department of Public Health, the coalition was able to compose an opioid data report on communities in North Andover, Methuen, Lawrence, Haverhill and Andover; a report the coalition recently released in conjunction with the official launch of its Merrimack Valley Opioid Abuse Prevention Collaborative, which will work to research the factors that contribute to local opioid abuse and find ways to improve and promote substance abuse education and prevention.

DiZoglio's budget amendment will go toward resources and community outreach for the Collaborative. The funding was initially vetoed by Gov. Charlie Baker but restored by the Legislature for the final FY16 Budget.

"The fight against drug addiction in our communities has been one of the issues I have been most focused on in my time as State Representative," said DiZoglio, who serves on the Legislature's Joint Committee on Mental Health and Substance Abuse. "I have had so many conversations with residents in my district and across the Merrimack Valley who have dealt with substance abuse themselves or have friends or family who struggled with drug addiction. This funding will help specifically with youth outreach, prevention and education in our community."

"Heroin use, addiction and the death tolls are tragic and rising and more primary prevention and overdose prevention education are necessary," said LMCC Substance Abuse Prevention Director Delilah Rivera. "Many heroin users report having first abused prescription drugs before turning to heroin. Through this additional effort provided by State Representative Diana DiZoglio, we will be able to do more outreach and provide more education to our youth and community."

"The additional funding secured by the Legislature and Rep. DiZoglio, is a great additional resource for the area," said LMCC Director Harold Magoon. "As we continue in developing our capacity in preventing the use of opioids and overdoses in the Merrimack Valley, these resources will allow us to expand our prevention-based programming for youth and community education engagement."

Caring for Your Heart: Living Well with Heart Failure

A free guide for patients living with heart failure is available through the new Hearts at Home program of Home Health VNA

Home Health VNA is offering a free guide "Caring for Your Heart: Living Well with Heart Failure" available on our website at www.HomeHealthVNA.org/patient-resources or by phone at 978-552-4186. The goal of this guide is to help patients learn about heart failure and what they can do to reduce symptoms and better control their disease. The guide is being offered in conjunction with the new Hearts at Home program of Home Health VNA.

If you have heart failure you are not alone. Heart failure is one of the most common reasons people age 65 and older go to the hospital and the 2nd leading cause of death in both Massachusetts and New Hampshire. Hearts at Home has been specifically designed to provide patients with the nursing care and support they need to control heart failure symptoms so they can feel better and manage well at home.

Hearts at Home includes nursing care and teaching, diet and nutrition counseling, tips on exercise and activities, information on what to do when symptoms increase and educational materials. Patients must meet Medicare and/or health insurance guidelines for home health care in order to be eligible for the program. For more information on the Hearts at Home program call 978-552-4045.

Home Health VNA, the leader in home health care, is a not-for-profit agency affiliated with HomeCare, Inc. and Merrimack Valley Hospice. Together the three agencies serve more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts, and Southern New Hampshire.

NDA AWARDS: FROM PAGE 17

• The Regis College Book Award - Kate Nielsen of Chelmsford

• The Saint Michael's Book Award - Morgan Engdahl of Chelmsford

• The Elmira College Key Award - Katie Frisolli of Littleton

• The Saint Anselm Book Award - Elizabeth Bennett of Lowell

• The SAGE Colleges Award - Abigail French of New Boston, NH

The Academy of Notre Dame is a private, Catholic co-educational Pre-K through Grade 8 lower school and college-preparatory upper school for young women sponsored by the Sisters of Notre Dame de Namur. The Academy welcomes students of all faiths. It has a culturally diverse population comprised of students from approximately forty cities and towns throughout Massachusetts and New Hampshire, as well as international students. For more information about the Academy, visit www.ndatyngsboro.org.

NEWBURYPORT:FROM PAGE 23

Although from Newburyport, Mr. Currier was a successful Manhattan silversmith. He bought the house to use as a summer retreat. The Clark Currier Inn has a variety of public spaces containing impressive architectural details and furnishings. One of the Inn's most distinguished features is the elegant "Good Morning Staircase." Their Parlor contains original oil paintings by two of Newburyport's more famous artists, Sam Sargent and Aida Tedford. Sargent was a previous resident of this property and had an art school in the carriage house. Aida Tedford was his most accomplished student, and became a reputed artist/teacher in her own right. The Clark Currier Inn is near Market Square, a historic district with early 19th century architecture. Visit these two gems online at www.compassrosenewburyport.com and www.clarkcurrierinn.com and enjoy a fantastic get away in style, luxury and comfort!

N.A.M.A.
SHERRY L. CARON
Licensed Optician
ABOC
Eyes On Main LTD.
EYEGLASSES, SUNGLASSES & MORE
75 Main Street | No. Andover | MA | 01845 | 978.682.2110 | fax 978.682.2155

VALLEY MONUMENTS
BUILDING MEMORIES THAT LAST FOREVER
MONUMENTS
CEMETERY LETTERING
MARKERS
CARVINGS
SCULPTURES, & ETCHINGS
MONUMENT CLEANING
LANDSCAPE GRANITE
ACCESSORIES
ANY DATE (EXAMPLE: 2012) ENGRAVED $75
SIMILAR SAVINGS ON ALL ENGRAVING
Translator available by appointment
1111 RIVERSIDE DRIVE, METHUEN, MA 01844
EMAIL US AT INFO@VALLEY-MONUMENTS.COM
PHONE: 978.685.8500 - FAX: 978.685.8510
BUSINESS HOURS: MON-FRI: 9-5PM, SAT: 8-12PM
OR ANY TIME BY APPOINTMENT.
WWW.VALLEY-MONUMENTS.COM
A FAMILY BUSINESS FOR FIVE GENERATIONS

Don't Wait for Winter, Refurbish your Uggs NOW
Bring in this ad and get $5 off any shoe repair
J & W Shoe Repair and Leather Service
All Kinds of Shoe & Leather Repairs
* Pocketbook Refurbishing
* Custom Shoe Dying
* Orthopedic Shoes
* Suitcase & Luggage Repair
* All Kinds of Zipper Repair
* Name Brand Pocketbook Repair
We refurbish UGGS
Better QUALITY WORK than any other shoe repair shop BAR NONE!
139 Main St., North Andover, (978) 685-2325 - OPEN: Mon. - Fri. 8:30 - 5pm & Sat. 8:30 - 4pm

SALISBURY: FROM PAGE 23

triot exposed a cover up in September of 2013 called "An $80 Million Lie" where the Town of Salisbury and in particular, Neil Harrington, covered up a fraud by the town to charge sewer rate payers for a fake sewer betterment.

Harrington refused to turn over public records upon request of The Valley Patriot in violation of MGL Ch. 66., the state's public records law. The documents that were being sought were eventually turned over after the intervention of a state senator, and showed that Town Manager Harrington spent more than $100,000 in legal costs to recover $15,000 in sewer bills by GraceMarie and Joyce Tomaselli.

The MCAD hearing is a granted appeal, reversing a prior decision to dismiss the case against Harrington and the Town of Salisbury. The hearing will take place September 23, 2015 in Boston.

ABROAD: FROM PAGE 6

studying and stressing out about the exam, my application process was rather simple.

One-Year Masters Programs

Although most graduate level programs in the United States are two years, a British Masters is one year, saving a student time and money.

Lower Cost

Many students believe that a degree abroad is a pricey investment, but tuition prices at foreign universities are often much lower than at American schools, even after including the price of room and board. Additionally, most universities in the UK accept United States Federal loans, and a UK student visa allows you to work up to 20 hours a week.

International Qualification

According to the United States census, today over 36 million Americans posses some graduate education. A postgraduate degree abroad makes a student stand out. In fact, a survey commissioned by the British Council in 2011 recorded that 73% of employers surveyed in the United States and Canada consider degrees earned in the United Kingdom to be equal or better to those earned in North America.

Ability to Travel

London's central location makes it easy to travel to other cities in the UK, and Europe. With budget airlines, such as Ryanair, and Easy Jet, and affordable public transportation, I was able to visit several cities across the United Kingdom and Europe all on a student budget.

Experiencing a New Culture

Adjusting to a new culture can sometimes be the most difficult, yet rewarding aspect of going abroad. Despite a few distinct differences, I found both the British and American cultures to be quite similar in many ways. I was however, surprised to see how strong the Pub culture is in London. I would pass by Pubs on Sunday mornings to find large groups of people socializing and drinking pints. I also learned about escalator etiquette rather quickly on the tube: you stand on the right and walk on the left. Failure to follow the unspoken rules results in very angry Englishmen.

Now, only two months away form obtaining my Masters in Communications, I am grateful that I made the initial decision to pack up and move across the pond for the year. Experiencing a new culture, and having the ability to explore new cities was one of the most rewarding aspects of living in London. Plus, I will always have the privilege of being able to call the beautiful city of London my home.

Vipsania Pimentel is a North Andover local, and current postgraduate student at Richmond, the American International University in London.

CAPE WIND: FROM PAGE 21

sizeable donations from National Grid lobbyists, employees and their spouses. Patrick had previously supported a deal between National Grid and Cape Wind, wherein the utility would purchase 50 percent of Cape Wind's overpriced power (4 times that of traditional sources). National Grid later cancelled the contract when Cape Wind failed to secure financing. However, our energy rates never went down and remain among the highest in the country.

Thanks to the Patrick administration, Massachusetts now has an aggressive Renewable Energy Portfolio Standard, (RPS) which requires that a certain percentage of the state's electricity come from renewable energy.

Many former members of Patrick's Executive Office of Energy and Environmental Affairs ironically work for the very industry they once regulated. First, they restructured the energy market, requiring citizens to purchase a costly product, (in this case, wind) and now they profit from the sale of said product. See how that works?

Ian Bowles, Patrick's Secretary of Energy and Environment, joined with former undersecretary, Phil Giudice, and Vivek Mohta, and Bob Keough, two other high ranking energy officials, to start Rhumb Energy. Deerin Babb-Brott, another former energy executive, was made Director of regulatory affairs at Epsilon Associates, specializing in off-shore energy projects.

Surely we had people in government looking out for our best interests, right? Excellent question. Before its energy costs could even be determined, former Massachusetts Attorney General (AG), Martha Coakley, in what can only be described as a dereliction of duty, strongly supported and publicly endorsed Cape Wind. As AG, it was her job to be an advocate for ratepayers. Instead, Coakley was complicit in falsely presenting the price of wind energy to people of Massachusetts.

Coakley's idealistic zeal for wind was most vocal when she was a candidate for Ted Kennedy's Senate seat. She did not hesitate to blame Kennedy's opposition to the project on the "Not in My Backyard" (NIMBY) syndrome, which was unfair and inaccurate. She also appealed to the hysterical climate alarmists, saying, "We are running out of time to look at what we need to do for alternative energies."

As discussed in Part 2 of this series, I am perplexed by the ever-growing group of environmental organizations who, ignoring the disturbing environmental impacts, have fallen for the charms of smooth-talking wind developers. In the case of Massachusetts Audubon Society, their unwavering adoration for wind comes with the promise of a substantial monetary reward. Several of Sierra Club's board members stand to profit if green technology does well. Or, perhaps there is another explanation. My friend Perch has a theory - that these and other well-meaning groups have been "bodysnatched."

TEACHER: FROM PAGE 6

truly believe that my performance was sub par.

Furthermore, I found the lack of experience among leadership also impeded growth and meaningful feedback. During the 2012-2013 and 2013-2014 school year I was evaluated by an administrator whose prior teaching experience was for two years as a math teacher. She earned her administrator license while serving as an administrator. It was her first year as an administrator while I was under her supervision. My position was as a Title 1 Reading Specialist. When I raised my concern that I would like an administrator who is knowledgeable of ELA (English Language Arts) and reading to evaluate me, the administrator told me to just teach her what she needed to know about reading, so she could provide meaningful feedback to me. I cannot teach someone in days what it took me years of study and practice to learn.

There are many members of the faculty in leadership positions that have little experience in their positions. I understand we all have to learn through trial and error. However, it needs to be taken into account the effect it has on faculty. It is very hard to perform to expectations when the leadership team is still learning what the expectations of their own positions are and they are not all on the same page with matters of curriculum and instruction.

During my Lawrence teaching experience, I found the ELA coach and administration contradicted themselves on curriculum. For example, I went to the ELA coach with a list of essential questions. I was told it was not correct examples of essential questions. I went with the same sheet to my administrator, a former ELA teacher, and I was told they were excellent examples of essential questions. Also, I was told by my administrator not to use a specific curriculum because it was not rigorous enough for my Special Education (SpEd) grade 6 class. However, within that same week, I was told to use that same curriculum viewed as not rigorous enough for a SpEd grade 6 with my regular education grade 7/8 class.

I find some decisions within the school seem to be ego-driven rather than child-centered.

I find that the district's actions erode the very sense of community that they claim they are trying to build. It seems counterproductive to burn and churn teachers. Many students have transient home lives. Often the adults within the school are the adults they have the most contact with, especially with these extended school hours.

When you have a high teacher turnover and when you change the adults present in their lives, there is a loss of stability. Students and their parents are motivated to engage with the school based on their relationship and connection to the faculty. On my summative evaluation, I was commended for engaging the parents and school community.

When my contract was not renewed and I was told I was "not the right fit for Lawrence," I understood it was a personal and not a professional decision.

I am a resident of Lawrence. I am a graduate of Lawrence High School. I attended the Bruce Elementary School in Lawrence. When I take my children to the Boys and Girls club, I see many of my students there. During Halloween, my children visit my students homes and my students visit my home for candy. It is not common in Lawrence to have a teacher within the same district and even school zone as the students. That's something very special.

I am invested in the city of Lawrence and the students of Lawrence.

I know many staff members say nothing about their concerns because Lawrence has created a culture of silence. Faculty members have seen the large turnover within the district over these recent years and they're concerned with their own job security, retirement, and career paths.

More than one teacher has said to me that they're reluctant to help other teachers because they feel their job security is threatened when they assist other teachers.

For example, district colleagues have said to me it is "dog eat dog" and "every man for himself." One colleague said, "Why would I share my tips with you? So you can use them with your students and then when they get to my grade it will be harder for me to make big gains?"

My contract was not renewed. Yet my last observation was proficient and the commendations were: "Students were engaged, asked questions, and contributed to the lesson" and "good pacing throughout the lesson." During the lesson it was noted "Students were tasked with explaining 5 features of accountable text talk." It was also noted that the lesson had all the features of the cycle of effective instruction. Accountable talk, text dependent questions, and the cycle of effective instruction were all school initiatives I was tasked to meet. There is documented evidence that I had met these expectations.

I am very pleased that my students made 154% progress toward targeted iready growth and I expect my students made significant MCAS gains as well. However, those results will not come out until later this summer.

It was never my intention to be in the right faculty clique, but it was my intention that my students learned. I was a successful teacher in that respect. I suspect Lawrence is losing good teachers not because of lack of teacher efficacy but because of office politics.

Amy Berard
Former Middle School Teacher
Lawrence, Ma

BRAIN DAMAGE: FROM PAGE 27

fundamental understanding, we can think of designing diagnostic tools and about developing treatment modalities."

In other words, the NFL needs time just to get the facts that Dr. McKee and Dr. Cantu gave us years ago. Time to keep claiming the science is unclear just as for decades the science was allegedly unclear about the dangers of smoking. Time to allow a new generation of recruits to replace the litigative pesky lot currently suing the NFL's owners. Time to keep parents believing that the "authorities" surely would tell us if football was unsafe for children's brains. Time to continue business as usual and count the dollars flowing in.

Speaking of dollars flowing in, I was present in September 2013 when senior Chiefs at the Brigham had steam coming out of their ears at the prospect of millions in NFL research dollars flowing to BU while Harvard sat on the sidelines watching. They were hopping mad. Now that the usurper has been cast back into the wilderness and the natural order has been restored no doubt they all are feeling much better.

Expect now a renewed push to sell a new Harvard-approved NFL-certified smart helmet to save the NFL.

Bharani Padmanabhan, MD PhD is a neurologist specialising in multiple sclerosis in the Boston area. scleroplex@gmail.com

SHENANIGANS: FROM 3

new wording they are pulling another fast one. MGL Ch. 66 was written more than 40 years ago with no penalty for the insider elites who snub their noses at the taxpayers and simply refuse to comply with the law.

Now, in 2015, it seems that, on the wave of demand for public records reform, the legislature is trying to do the same thing by making it LOOK like they are adding penalties to the law so they can all celebrate and pretend they accomplished something.

The fact is, this bill has wide support for penalizing the public officials who willingly or neglectfully violate the public records law. The only people who are opposing it, or even trying to water down it's effectiveness are the very people who will be paying those fines.

You see, the MMA is an organization that is paid for with YOUR tax dollars, and its members are made up of mayors, town managers and city attorneys who just happen to be the very people mandated to turn over public records.

In Lawrence, (whose city budget is 80% paid for by the state taxpayers) they spent $10,395 this year to have the city be a member of the MMA and have a representative in the organization.

And then the MMA took all of that money from each city and town (multiply that $10,395 by 351 cities and towns) and used it to lobby the legislature to water down a public records bill, that will fine THEIR MEMBERS for refusing to comply with turning over public documents.

What's worse, you have this organization with elected and appointed officials sitting as its members, who can act in secret, to kill legislation all the while maintaining at the local level that they are for transparency in government and are good stewards of the public's trust.

Take for example; Larry Murphy. Murphy is an MMA representative from the Town of Andover. He is also the acting town manager and as such sent an email to state senators and state representatives on Beacon Hill using a Town of Andover email server and identifying himself as the acting town manager in his email, in an underhanded attempt to kill a public records reform bill.

It is outrageous that this state has gone more than 40 years with only the appearance of a public records law, but even more outrageous is that in the year 2015 we have the very law breakers who conceal public records, taking your tax money and using it against you to continue concealing your public records.

COURAGE: FROM 20

the right get angry because we are doing what they have taught us to do: be proud of who we are, wear our colors loudly, don't back down from a fight, let the world see us everywhere, and don't apologize? It is the American way. It is the gay way. Thank you, America, for modeling for us so well that we emulate ourselves after you. You should applaud us for continuing your work for you.

The human race is continuously reinventing and redefining itself. We have to. We cannot and should not believe that how our ancestors lived and conducted themselves fifty, one hundred, and one thousand years ago could possibly apply to us today. There are only three basic human needs that are constant: food, shelter, and love. Courage evolves because what we find difficult, painful, or challenging has changed. Biology only defines us scientifically. We are no longer confined to the parameters of our biological make up; we are fluid, but tenable. We do not make progress by remaining rigid. We make progress by challenging conventional ideas and beliefs. Imagine if Galileo never questioned the Christian definition of the universe, or the Wright brothers never thought that humans could fly, or Martin Luther King Jr. never had a dream. Where would we all be now?

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

BYLLI CRAYONE'S 9th ANNUAL 'BACK 2 SCHOOL' Give-Away.

Since 2007, local Lawrence celebrity Bylli Crayone has donated hundreds of brand new book bags and school supplies as part of his 'Back to School' give-away. This year was no different. With support from 80s Icon/Celebrity Sponsor Sheila E., Crayone was able to cater to 62 children this year, providing each one of them with brand new book bags and school supplies. Some were given away over the radio, some at National Night Out but the majority were given away through his website at BylliCrayone.com.

Asked why, as a national celebrity, he spends his time helping Lawrence school children, Crayone says he feels lucky and wants to give back.

"I give back because my mother raised me well. If I am in a position to do something for someone and I can, I do.

"As a local Celebrity, it only makes

CRAYONE: PAGE 32

IVES: FROM 21

funded at $271.7 million (75%). This funding represents a $14 million increase over Fiscal Year 2015 funding.

Ensuring Regional Public Safety

I was happy to continue my support for the C-10 Foundation, which provides essential radiological monitoring of the six Massachusetts communities included in the plume exposure emergency planning zone of Seabrook Nuclear Power Plant. Over the last two years, I have expressed my concerns about the safety of the plant, and I am thankful to have the C-10 Foundation focused on detecting any radiological issues with the plant if they were to arise.

Directed Patrols

I co-sponsored an amendment to allocate $1,000,000 for the State Police to provide directed patrols to certain communities requiring unusual or specialized needs for services such as additional State Police at Salisbury Beach between Memorial Day and Labor Day.

Backing our Councils on Aging

This year marks another notable increase in state funding for our Councils on Aging. This budget includes a $2 million funding increase for these organizations, which increases the dollar per senior per year investment from $8/senior/year to $9/senior/year. With the senior demographic increasing, our Councils on Aging stretch every dollar to provide valuable services to elders.

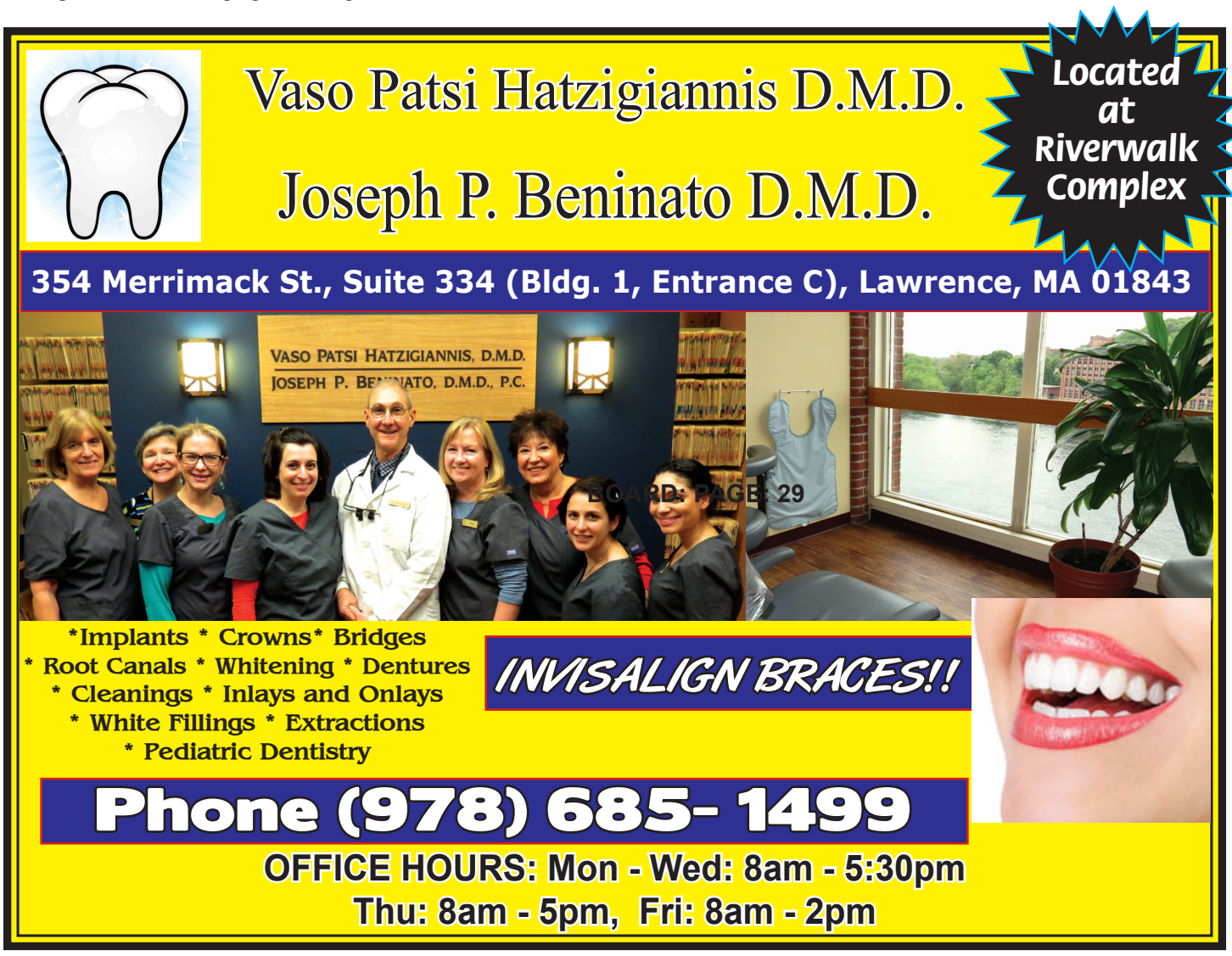
Massachusetts Emergency Food Assistance Program

I cosponsored a successful amendment that increased funding to the state's Emergency Food Assistance Program to $17 million, a $2 million increase over last fiscal year. This funding will go towards supporting agencies, like Our Neighbor's Table and other food pantries that provide individuals and families in need with fresh, quality food.

Sustaining Full Day Kindergarten

Kindergarten Expansion Grants, a grant program available to municipalities to support full day kindergarten programming, were funded at $18, 589,713. The Legislature overrode a veto of this program, which would impact kindergarten offerings in Amesbury, Methuen, and North Andover. I was happy to offer my support as a cosponsor for this important amendment in the Senate to see the program preserved.

I greatly appreciated the input and advocacy of so many residents in the State Senate district who contacted our office during the budget process.


Vaso Patsi Hatzigiannis D.M.D.
Joseph P. Beninato D.M.D.
Located at Riverwalk Complex
354 Merrimack St., Suite 334 (Bldg. 1, Entrance C), Lawrence, MA 01843
VASO PATSI HATZIGIANNIS, D.M.D.
JOSEPH P. BE NATO, D.M.D., P.C.
BOARD: PAGE 29
*Implants * Crowns* Bridges
* Root Canals * Whitening * Dentures
* Cleanings * Inlays and Onlays
* White Fillings * Extractions
* Pediatric Dentistry
INVISALIGN BRACES!!
Phone (978) 685- 1499
OFFICE HOURS: Mon - Wed: 8am - 5:30pm
Thu: 8am - 5pm, Fri: 8am - 2pm

LIBERTY: FROM 27

Tom Duggan downing a 25 oz. Slurpee is not going to infringe on my rights to life, liberty and the pursuit of happiness, so leave him alone!

Bottom line, you cannot have a purely libertarian government as the concept is an oxymoron. What we can have is a strong public health program that enhances our quality of life, but also is respectful of the boundaries where it could be overly burdensome. Most public health happens at the state and local level. I can reassure that the competence is high, that the motivations are honorable, and that most of those in positions of responsibility strive to be transparent and serve their fellow citizens honorably.

Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. Dr. Macmillan was recently elected by his peers to be vice Speaker of the House of Delegates at the Massachusetts Medical Society and alternate Delegate from Massachusetts to the American Medical Association. Dr. MacMillan is on staff at Holy Family Hospital Haverhill and Methuen, Anna Jaques Hospital in Newburyport, Lawrence General Hospital, and Parkland Hospital in Derry, NH and is the President of the Massachusetts Gastroenterology Association. Dr. MacMillan also serves as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.

HEALTH: FROM 16

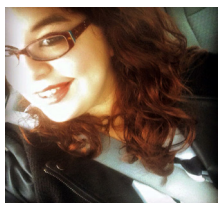
benefits, and risks and realize that there can be far more serious outcomes by not vaccinating, than by believing in some now known bunk information. Some parents break up vaccines, which is not ideal, but a far better option than not vaccinating at all. To those parents who chose not to vaccinate should realize YOU are the major cause of the spread of this very preventable diseases followed by the very natural cause of a body that has been introduced to the vaccine simply by not building immunity."

Another discussion we had involved something that I think make people uncomfortable but need to know about: a huge increase in Sexually Transmitted Diseases (STD's) Some common STDs include Chlamydia, Genital Warts, Gonorrhea, Herpes, HIV/AIDS. Syphilis, and Trichomoniasis. In Hillsboro County, in NH, there are 2 people in 1,000 that have an STD. The Verizon Wireless Arena can approximately hold 10,000 people so statistically speaking, going to a sold out event, 20 people in the arena have an STD. "Is casual sex worth it at this point?" The HCP told me that some of the consequences of STDs include infertility in both men and women, blockage of the fallopian tubes, which can lead to tubal pregnancy, miscarriage and increased newborn death due to passing of infections, genital cancers, and enhanced transmission of HIV.

"As Health care workers we do see a trend in acute illnesses even with STD's, and these trends are based on many factors, one being seasonal. One colleges are back in season the complaints seem to rise" She then brought up how some people don't even go to the doctors because of fear, or embarrassment. One thing she stressed to me and to her patients is the importance of HIPAA.

HIPAA basically means you do not speak about patients or their health care unless it is on a need to know basis. This means no talking about patients in the elevator, at a restaurant, or a conversation starter. Health care professionals take this very VERY seriously, and anything you come into the doctor's office for is completely anonymous, and they need full, honest answers, or you aren't getting the medical care you may need. Personal information may not be talked about for any reason outside of an exam room, and is vitally important that all health care workers follow that policy (I work for a hospital myself and it single handedly is the most important part of my job).

Tune in next month for the second part of the discussion with a health care professional to discuss myths, things to look out for in your children, and other topic that you the readers have. If you have any questions answered, please email me at justessjacobson@yahoo.com, or tweet me at @justessjacobson (direct messages are welcome). NOTE: The third and last installment of this discussion is going to all be about sex. Please send any questions, or scenarios in which you may want answers by a healthcare professional that is experienced in sexual topics.



Justess Jacobson resides in Manchester NH, has a degree in communications, is now studying to be a juvenile probation officer and works at a local hospital as a nutrition assistant. You can email Justess at Justessjacobson@yahoo.com

DISPATCHER: FROM 11

someone had illegally released information from the dispatchers file at the police station to the media, namely the Eagle Tribune.

"Another perception in the Eagle Tribune, that came out of that article is that this somehow happened and nothing was being done about it," Capt. MacNamara said. "What happened here is, that I had identified those calls as unacceptable and we disciplined the employee as a result.

As for the confidential information from police files at the station leaked to the press, MacNamara said he is confident they will find out who was responsible.

"I know the chief represented to The Valley Patriot that he will conduct a thorough investigation, he's certainly a man of his word and he will follow through with that. It's truly regrettable that these audiotapes got to the media (as well). These were incidents that happened in November, the employee was disciplined and that's where it should have ended." "But that's not a story that fits the national narrative."

"Over the past two years I've listened to almost 5,000 phone calls, I've spent countless hours listening to these calls, I am truly impressed with the quality of service we are providing to the citizens of Lawrence. Our civilian staff and our sworn staff is doing an outstanding job on these calls. This is just s small, minute sampling of calls that were unacceptable. There were some that needed improvement, but by and large our people are doing a wonderful job and I'm proud to be working side by side with them."

"A Night To Remember" A Benefit Night for Alzheimer's Research and Support

Saturday August 29, 2015 at The Claddagh Pub, 399 Canal St., Lawrence. Doors open at 7pm and we will have live music and raffles

Linda Lambert Slabczynski
VALLEY PATRIOT GUEST CONTRIBUTOR

We are very grateful for the help of good friends that are making this possible. First is Brian Farrell, the owner of the Claddagh Pub, whose generosity is beyond measure by letting us have our fundraiser event at The Claddagh. My good friends from Our Lady of Good Counsel St Augustine's Chapel, Tom Everson (Drums/vocals) and Al Gagnon(Keyboard/vocals) who together with Rick Bastable(guitar/vocals) and Dean Everson(Bass/vocals) make up the band The Gravity Men that will be performing that night.The Gravity Men play album oriented rock from the sixties and seventies including their own arrangements of songs by Cream, The Bee Gees, The Kinks, Chicago, Tom Jones, Creedence Clearwater, The Animals and many more.

We will be having numerous raffles with chances to win fantastic prizes all donated from friends, family and numerous local merchants.

We are humbled and blessed by the tireless efforts of so many people helping to make this truly "A Night To Remember"

HOW IT STARTED

In January of 2014 I made a decision to start eating healthy and take better care of myself. I had no idea at that time where that decision would take me but the journey has been incredible and it's not over yet.

I have lost a total of 117 lbs with 3 lbs to go to reach my weight loss goal. It's important to note that this journey has been so much more than just losing weight. It has made a profound impact on my life, empowering me to make healthy changes in every area. In the process I have grown as a woman, a mother, a worker, a friend and rediscovered who I am and what the important things are in life...faith, family, friends, health and happiness.

Ironically I will be turning 50 this year and my birthday coincides with reaching my weight loss goal. I wanted to plan a party to celebrate turning 50, being the healthiest I've ever been in my life and celebrate my weight loss success. I have shared my story from beginning to end on Facebook. I started posting in the beginning as a way to help keep me honest and stay on track, but somewhere along the way everything changed.

I realized by sharing my story, the successes, stalls and setbacks, I was actually inspiring others to take charge of their own health. Everyday I would get private messages and open requests from friends and family members telling me I've

ALZHEIMERS: PAGE 32

OBRIEN: FROM 16

who disagreed with him. Despite our close relationship, there were times when we strongly disagreed on those issues.

But the accomplishments are undeniable. Were we perfect? Certainly not. Did we make mistakes? Yes. Was our record on balance pretty darn good? Absolutely – and Speaker O'Brien led the way.

Happy retirement, Mr. Speaker and thank you for your service.

D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.

SOLAR: FROM 15

and others. Students who have been trained in solar installation have been honored at the State House and at the 8th Annual Massachusetts Green Schools Summit organized by Green Schools, Inc., a leading nonprofit that focuses on environmental education and E-STEM training (environmental science, technology, engineering, math).

Students at GLTS have even custom-designed effective solar panels that they installed on the roof of the school themselves. The training the students have received have given them an edge when applying for solar industry jobs after they graduate - an industry that is rapidly growing in Massachusetts.

About GLTS: GLTS is a regional technical high school serving the four communities of Andover, Lawrence, Methuen and North Andover. GLTS was recently ranked Level One by the Massachusetts Dept. of Education, the highest possible level of student performance. GLTS also serves as these four communities' public adult technical education schools and offer classes year round.

Jessica Finocchiaro is Vice Chair of the Gr. Lawrence Technical School representing Methuen, and serves on various community boards in the Merrimack Valley and statewide. She works as a real estate agent at Century 21 McLennan & Co. and holds Masters of Government and Public Administration, both from Suffolk University. Jessica can be reached at (978) 566-1786, or online at JessicaForMethuen.com, Facebook/Twitter: @JessFinocchiaro

TARSHI
LAW OFFICE
510 ESSEX ST
LAWRENCE, MA 01840
(978) 686-1821

veniently located across from the Ingram Senior Center in the heart of Salem with proximity to many of Salem's landmarks, land preservations, shopping and cultural attractions. The community will feature a total of 84 apartment homes. There will be 62 apartments of studio, one bedroom, and two-bedroom apartments available for independent and assisted living residents. Our Reflections Memory Care neighborhood offers a total of 22 studios and companion living apartments. The community will offer an array of amenities featuring a unique restaurant style with anytime dining, warm and cozy library, Bistro Pub, greenhouse, community room, salon, country kitchen, living room, private dining room and courtyard with walking path ideal for watching wildlife. Peggy Connolly of "Here for You" provides concierge assistance for seniors. Senior Assisting Furniture and Equipment's mobile showroom contains samples of recliners, beds and other furniture, which provides valuable assistance for senior independent living. In addition to valuable information, refreshments and entertainment will be provided. This event is free and open to all seniors who are contemplating a move or require information on concierge services and/or senior assisting furniture.

HAVERHILL POLICE - Last month, Mayor James J. Fiorentini held a cer-

NOTEBOOK CONTINUED

emony in the Mayor's Office to promote seventeen-year veteran of the department, Sargent Stephen Dougherty to the position of Lieutenant, twenty-year veteran of the department, John Spero to the position of Sargent and eleven-year veteran to the department, Wayne Tracy to the position of Sargent. There were family and friends on hand to celebrate the appointments.

GREAT STONE DAM CLASSIC CANOE, KAYAK, AND SUP RACE:

Paddlers Come to Lawrence for Prizes, Food and Fun! The 6th annual Great Stone Dam Classic Canoe, Kayak and SUP race will be held at 11am on Sunday, September 13th at the Abe Bashara Boathouse, 1 Eaton Street in Lawrence. The Great Stone Dam Classic is one of the largest flatwater races in New England. Last year's race drew nearly 100 paddlers from all over the Northeast, including New England and National Champions.

Three great courses make racing on the Merrimack River accessible to everyone from veteran paddlers to weekend warriors and kids: a 8.6-mile, two-loop racing course, a 3.5-mile recreational course, and a 1k kids race.

All boat classes and paddlers are welcome, including SUP (Stand-Up Paddleboard) paddlers.

Free technical hats will go to the first 100 adult registrants; free T-shirts will go to the first 30 registered kids. Top finishers will receive engraved medals, plus there will be door prizes and goodies for all. After the race competitors are invited to enjoy a cookout (included in the registration fee) overlooking the Merrimack River.

All proceeds benefit the Greater Lawrence Community Boating Program (GLCBP), an organization providing safe, affordable boating opportunities to all residents of the Merrimack Valley. GLCBP has taught thousands of kids and adults to sail, row, canoe and kayak over the last 30 years.

Bring a donation for Lazarus House and receive a $5 discount on registration.

Registration runs from 9:30-10:45am. Adults, if you bring a small bag of non-perishable food to benefit the Lazarus House Food Pantry, you'll get $5 off your registration fee. Fees are:

• $20 for adults; reduced to $15 with donation. ($5 cookout for non-paddlers)

• $5 for kids 16 and under.

The Abe Bashara Boathouse has a number of canoes, kayaks, paddles and PFDs available for FREE use by race participants who don't have their own gear. Come early, as the number of FREE boats is limited. First come, first served, no reservations are possible.

For additional information about our race, including direction and photos from prior years, please visit the race website at www.greatstonedam.com.

HAVERHILL FIREFIGHTERS GET COST OF LIVING RAISE

Haverhill Mayor James J. Fiorentini announced last month that he has negotiated a cost of living (COLA) raise with the fire fighter union. The contract calls for a 1.5% per year raise for two years. The contract covers July 1, 2014 to June 30, 2015, and July 1, 2015 to June 30, 2016. The negotiations started late in 2014 and were finalized last month. The firefighter's union has ratified it. It still must be approved by the city council and is on for a vote this month.

Rest in Peace to our good friend Jimmy Vittorioso a former member of the Lawrence School Committee.

This is the first contract that the city and the firefighter's union have reached in twelve (12) years without going to binding arbitration. In two prior instances, the city and the union were unable to reach agreement and went to binding arbitration, which awarded the firefighters a retroactive award. This cost of living adjustment, 1.5% per year, is the same as received by other city unions.

"Under this agreement, neither the city nor the union got everything they wanted in negotiations," Mayor Fiorentini said. "What we did achieve, instead, is a fair compromise that is consistent with the cost of living increases given to other city side unions, and is within our ability to pay. By working together, we have come to a reasonable compromise that avoids the uncertainty of arbitration and provides a settlement that is fair to each side. The union negotiating team worked with us to achieve this agreement and I give them a lot of credit. It is my hope that this is the start of a new era in relations with the fire fighter's union."

CRAYONE: FROM 30

sense to use my name for a good cause. Not all are big headed and have no heart and only think about themselves. I am one who cares about people, its just the way I am."

This year, Lawrence District "A" City Councilor Sandy Almonte was on hand to help distribute the bags and labeling Crayone as 'The Gem of the Mountian', meaning many people have seen him around spotting the neon colored hair or funky 80s dress code.

But, there's more to Crayone than just that. He is our local boy made good and not just an international celebrity from Lawrence, who has had numerous dance & club hits in the US, UK and Japan since 1991.

He has also worked with and recorded songs with many 80s artists including Boy George, Samantha Fox, Salt N Pepa and Tiffany with their Top Ten dance single 'IT'S OKAY BOY' (2010/Japan). 'Crayone has a heart of gold, Wish there were more people out there like him' says one person via Facebook. Crayone who has lived in Lawrence all his life says, "I have done so much for so many, whether they know my name or not, It doesnt matter. I do what I do because I can. That's just how I am."

For more on Bylli Crayone, his music & charities visit his official website at BylliCrayone.com

ALZHEIMERS: FROM 31

inspired them and asking me for advice and direction on how they can begin their own journey. I was overwhelmed, deeply moved and humbled that by sharing my story, for purely selfish reasons, I was helping others.

A few months ago. I heard through my Mom that one of my cousins was going to be participating in a walk to raise money for Alzheimer's.

Her dad, my uncle, had been recently diagnosed with the disease. Alzheimer's awareness is a very dear cause to me, not only for family members who have suffered from the disease and its effects but my mother who is a retired RN, worked on the Alzheimer's unit at Mary Immaculate for the last 20 years of her nursing career.

Her care and compassion for not only the patients but for the family members also suffering from the loss taken by this disease was inspiring. So I decided since I was planning a party to celebrate my life events and I didn't want presents, only people's presence, I would celebrate with a fundraiser party. What better way to share in my success than to pay it forward.

ELECTION: FROM 12

school committee seats, but no at-large (city-wide) seats. The mayor sits as chairman of the school committee.

FOUR SCHOOL COMMITTEE SEATS WITH NO CANDIDATES

School Committeeman Pavel Payano on 980WCAP during his 2014 Senate run.

With District "A" School Committeeman Myra Ortiz vacating her seat to run for city council, no other residents have turned in nomination papers to replace her. The District "B School Committee seat being vacated by Milquicided Santos (who is also running for city council) is also going to be blank on the September ballot,, as is Jeovanny Rodriguez's seat on Tower Hill . District "E" School Committeeman Jim Blatchford is vacating his seat to run for city council with no candidates running to replace him.

Citizens in these districts wishing to run for the school committee need to get 50 write in votes in the September primary to have their names appear on the November final ballot.

In District "C", incumbent Pavel Payano is being challenged by newcomer Amy Berard. In District "E" incumbent Patricia Mariano is being challenged by Maali Homayoun Maali.

EMILY'S BAKERY
We are open: Monday - Saturday: 6AM to 5PM * Sunday - Closed
Now Available at the Meat House
223 Lincoln Ave, Haverhill, MA. 01830 * phone/fax: (978) 374-9603
Write us at: emilys@comcast.net

Veterans Helping Veterans Hold Service for Military Men Killed by Muslim Terrorist in Tennessee

More than 65 people showed up last month at the Lowell VFW as 'Veterans Assisting Veterans' held a memorial service for the four Marines and one Navyman who were killed last week by a Muslim terrorist in Tennessee at a recruiting center. Air Force veteran and WCAP radio host, John Macdonald, organized the event after Massachusetts Secretary of Veterans Services, Francisco Urena, asked Macdonald if his organization could hold a service in Lowell for the slain troops. MacDonald read the names of each serviceman killed in the terrorist attack as veterans, their families and members of the community held candles in silence. Lowell City Councilor Bud Caulfield then lead the crowd in singing the national anthem. Killed were: U.S. Navy Petty Officer 2nd Class Randall Smith, Lance Cpl. Squire "Skip" Wells, Gunnery Sgt. Thomas J. Sullivan, Staff Sgt. David Wyatt, Sgt. Carson Holmquist.

New England Veterans Liberty House
1st Annual VETERANS BENEFITS FAIR

*** FREE ADMISSION & PARKING * FREE EYE & DENTAL EXAMS * FREE HAIRCUTS**

Fri. August 14, 2015
9am to 7pm

Sat. August 15, 2015
9am to 5pm

Veterans Memorial Stadium
Lawrence High 70-71 North Parish Rd.
Lawrence, MA

Bring VA Card or DD214 as proof of Veteran Status

Services to be Provided by;

* Federal, State and Local Government Agencies

* Agencies serving veterans and their families

* Find out about employment opportunities! Learn about the wide range of benefits available including; *health care, long term care, education, veterans' loans, job training, funeral honors and MORE!*

For more Info: (978-258-2331 ~ NEVLH.VBF2015@YAHOO.COM | J.TORRES@NEVLH.ORG

HEROES: FROM 1

Photo # USN 1146845 Ens. Jesse L. Brown in cockpit of an F4U-4

time there were very few black cadets accepted.

Jesse was accepted! He was one of 100 in his class.

Six cadets passed ... and the black kid from Hattiesburg, Mississippi was a Commissioned officer in the United States Navy. Naturally, Jesse was not done, for he was then accepted into the Navy's pilot training program. I do not think we can even imagine how hard it was for him but ... Jesse Brown became the first black naval aviator in the history of the United States Navy. Aircraft Carrier Qualified.

Ensign Jesse Leroy Brown, complete with those gold wings over his heart. Of course, there were those who did not like it, but the there were also many more who were obviously so proud of him that he was pointed to with obvious pride.

So where does Massachusetts figure in this?

August 31, 1924 was the birthday of Thomas J. Hudner, Jr. in Fall River, Massachusetts. On the surface there could not have been a greater difference between Hudner and Brown. Hudner came from a moderately wealthy family and his father was a successful businessman. Both Tom and Jesse excelled at sports, but Tom's family could afford the prestigious Phillips Academy in Andover, Mass. Tom then subsequently enrolled in the United States Naval Academy at Annapolis, Maryland and graduated as an Ensign. Spending about a year or so on active duty, Tom felt the pull of aviation calling and volunteered for flight school. Tom soon earned his gold Naval wings and was also promoted to LTJG.. After additional advanced flying training, in due course he was ordered to report to VF-32 in Quonset Point, Rhode Island and it was there that he met Ensign Jesse Brown. Hudner was still a bachelor but Jesse was married to a girl named Daisy, and they had a little girl. Brown lived in town with his wife and child but Hudner lived on station at the BOQ/VOQ (bachelor's officer's quarters), so consequently they did not mix much but had to at least have known each other. Jesse and Tom were qualified pilots in F4U-4 WWII era naval piston-engine fighters but even though Tom outranked Jesse, it was Tom who flew on Jesse's wing because of the simple and logical reason that Jesse had more flying experience. Tom was heard to remark that he thought highly of Jesse as a leader and pilot.

Then came Korea ... and everything changed.

VF-32 was ordered to the aircraft carrier USS Leyte (CV-32) that was on its way from a cruise in the "Med" and then to Korean waters for combat operations against the North Koreans and the Chinese. At that time, the Navy was just beginning to convert to jet aircraft operations, so all we really had in any numbers was the slightly updated but also outdated WWII fighter, the F4U-4 "Corsair". It would have to do.

And among the pilots of VF-32 were two guys named Hudner and Brown.

I suspect that it was there on board the Leyte (probably over sessions at the coffee shop and officers mess) that Ens. Brown and LTJG Hudner formed a firm bond on the lengthy passage to Korean waters … a bond between equals.

It must have been there that Jesse realized that Hudner genuinely respected what Jesse had accomplished and that Hudner was much more than some spoiled rich white guy. VF-32 was ordered to perform interdiction missions against the North Koreans and Chinese in the Chosin area. The missions involved shooting up supply columns. Usually, Jesse and Tom were part of a four or eight plane attack. It was during that period that Jesse was awarded the Air Medal for operations.

And then came December 4, 1950.

Jesse and Tom were in their F4U-4 Corsairs as part of an attack force of eight planes. During the attack, Jesse's plane was hit by ground fire and he suddenly radioed that his engine had lost oil pressure and that he was going to be forced to make a crash landing ... right there and right then. It was not friendly terrain in that the Chinese troops were all too close and they were in a mountainous area. Even worse, there was snow on the rugged mountainsides and the surface temperature was about -15 degrees F, and expected to get much colder. When Jesse crashed, the flight orbited over him for his temporary protection. The flight could see that his Corsair looked quite damaged but Jesse could be seen moving. We do not know exactly what Tom's reaction was, but it is obvious that he made an instant decision because Jesse needed help.

Tom then did something that awed the other pilots. He decided that he had to crash land his own Corsair as near to Jesse's as he could. Consequently, Tom fired off his weapons, dumped as much fuel as he dared, lowered his flaps and tail hook, and lined up on Jesse's plane ... and crash landed as close as he could. Tom climbed out of his Corsair and found the snow deeper than he had expected. Seeing that he was about 100 yards from Jesse, Tom plowed through the snow and saw that the Corsair looked worse than he had thought. To make matters even more serious, Jesse's plane had begun to smoke, and Tom knew that it was only a question of time before the flames would spread because Jesse had not had time to dump his fuel.

Reaching Jesse, Tom had to have been shocked to see that Jesse's Corsair had folded at the cockpit and that Jesse was more than pinned in, the side of the cockpit apparently crushed him in. Tom then tried to scoop snow up around the engine, cowling in an attempt to discourage any fire, but could see that Jesse was in a bad way. Wading through the snow back to his own plane, Tom called the flight leader on the radio and asked for an immediate helicopter rescue, and to make certain that the chopper had an axe and a fire extinguisher.

To its credit, the Navy had a chopper there in about a half hour with the axe and extinguisher. Tom and the chopper pilot beat on Jesse's cockpit with the axe, but discovered that the damage was so bad that the axe made no real difference. By that time it was even more obvious that Jesse was losing a lot of blood, but there was no way to stem the artery wound. They did their best to try to keep Jesse warm, but it was clear that Jesse was very close to gone. Tom and the chopper pilot even discussed using their knives to amputate Jesse's leg to lift him out of the cockpit, but they both realized that the leg was so badly crushed that they could not even reach it. At that point, they had to realize that there was no way that Jesse could survive the amputation even if they had any chance to get the leg off. Thus there was nothing more that they could do but just stand there and try to comfort the unconscious Jesse as he slipped away.

As soon as it became obvious that Jesse was gone, the chopper pilot reminded Tom that it was not only getting dark but it was becoming even colder and that if they did not get out of there right then, they would not get out at all.

We can only imagine Tom's feelings, as he had no choice but to leave his friend's body. When asked later why he had done such a nearly suicidal thing, Tom remarked that he had had some association with the U.S. Marines and that he had been deeply impressed by their custom: "No Marine left behind".

The Navy posthumously awarded Jesse the Distinguished Flying Cross and the Purple Heart.

No one ever knew what Tom wrote to Daisy Brown, Jesse's widow, but not too long after that, Tom received orders to report to the President of the United States, Harry S. Truman, for the presentation by the President of the Medal of Honor to LTJG Thomas J. Hudner.

Best of all, Daisy Brown was there as an honored guest, and the official citation is available online. There is also a filmed interview with Tom Hudner on YouTube.

Tom went on to an illustrious career in the Navy and retired with the rank of Captain in 1973. But Tom Hudner was not done with Jesse's memory. He kept up his efforts toward Jesse's memory with the result that also in 1973, the United States Navy honored Jesse by naming a ship after him; a new Frigate, (FFT-1089), The USS Jesse L. Brown.

And there, at the launching, Tom Hudner was at Daisy Brown's side.

But by no means was Jesse ever out of Tom's mind and spirit because in the natural course of things, years later, FFT-1089 was declared surplus by the Navy and sold to the Egyptian Navy in 1994. Hudner was livid, and among other pointed comments was his statement, "We need everything we can in race relations."

Captain Hudner was right. He had wanted the USS Jesse L. Brown to be retained as a memorial to Jesse, possibly even placed in Mississippi.

So tell me again, why it is that so very few people have ever heard of this story?

Would it not be a fitting memorial to launch another USS Jesse L. Brown?

Here's to you Jesse and Tom, and may your friendship be a beacon for all of us.

News from the American Legion

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

If you did not get to the American Legion State Baseball Senior Tournament held in Haverhill last month, then you missed some really great baseball. There were teams from Lowell, Lawrence, Pittsfield, Medfield, South Attleboro, East Bridgewater, Northbridge and the host team Haverhill. Pittsfield ended up on top, and along with Lowell, will be in the regional playoffs in Bristol, CT. A great effort by all the teams in the playoffs. Haverhill Post 4 Team Manager Larry O'Brien and his coaching staff of Dan Francescone II, Steve Hanides and John Trask did an outstanding job in organizing this event. Legion State Athletic Chairman Dick Pasteur and his committee also did a super job in coordinating and enforcing the rules. Feel free to go to the state baseball website: http://masslegionbb.org. The Methuen Legion Junior team won their state championship, kudos to them!

The Legion National playoffs will be held in Shelby, NC. ESPN will expand its live coverage of The American Legion World Series (ALWS) to broadcast two semifinal games, Aug. 17, on its ESPNU channel in addition to the championship game on Aug. 18, the network announced today. The four days of "pool play" leading up to the semifinals will continue to be aired by ESPN through its webcasting service - ESPN3. The two semifinal games will be shown on ESPNU at 4 p.m. and 7 p.m. EDT on Aug. 17, and the championship airs at 7 p.m. the following day on the same channel. From Aug. 13-16, three games of "pool play" - pitting each of the eight regional champions against each other - will be streamed live daily on ESPN3.com at approximately noon, 4 p.m. and 7:30 p.m. - See more at: http://www.legion.org/baseball/226679/espn-expand-coverage-legion-world-series#sthash.YnrSDXP7.dpuf

Almost a disappointment is the lack of ball players who applied for either the state or national Legion baseball scholarships. It was barely a handful out of hundreds who could have applied. Perhaps next year there will be more applicants!

There continues to be issues with the VA. The following is from a recent press release: American Legion National Commander Michael Helm praised Congress for passing a measure to fill a $3.4 billion funding gap, which threatened to close VA

John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill, MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

hospitals and clinics across the country.

"While it's frustrating that VA did not do a better job of budgeting, we need to look to the future," Helm said. "Earlier this month, I called on Congress to do its job, and now it has delivered. Under this legislation, VA will be able to pay for the expensive but essential Hepatitis C medication that veterans need. This bill also reforms the Veterans Choice Fund by moving to consolidate seven different programs that had conflicting and confusing criteria. Veterans should not have to pay the price for the administrative mistakes made by others. We appreciate that Congress has provided the needed funding and reforms. Some of the problems at VA that caused this budget shortfall could happen again if we don't hold VA accountable. Therefore, we call on President Obama to put aside his earlier threat to veto the VA Accountability Act of 2015 and sign it immediately if it passes in the Senate."

The news is dominated by the November 2016 presidential election campaign. We cannot forget that Congress has much to do in terms of budget and legislation. As I continue to say and will continue to say: It is our duty as citizens of the great country to communicate with our legislators and let them know what we do or do not support. Remember the term "sequestration"? Well, this is due to impact the budget and specifically our Armed Forces. To have the troop levels drop by tens of thousands is just absurd. And it will happen unless Congress takes action. Will you join me in making our voices heard to our legislators?

May God Bless our troops and their families.

Hablamos Español
OMNI
Digital Printers
FAST B&W or Color Prints
Mailing Services
B&W or Color Scanning
Graphic Design Services
Stationery, Brochures, Flyers
Business Cards, Postcards
Binding & Finishing
BEST COMPETITIVE PRICES!
Blue Prints, Color Posters, Custom Signs & Banners
Wedding & Special Occasion Invitations
Local FREE Pick-Up & Delivery..... and much more!
Mention this ad and receive 10% OFF your order.

Defining Who is (and who isn't) a Hero

FOREST RAIN
VALLEY PATRIOT ISRAELI COLUMNIST

The media coverage of Donald Trump saying that being a prisoner of war did not make John McCain a hero and the subsequent outrage travelled all the way to Israel.

I became completely baffled when I started hearing/reading statements of: "He can't say that!" Have Americans completely forgotten the point of America?! Have Americans forgotten the concept of freedom?

Any American can say whatever they (excuse my language) damn well please. That is the fundamental freedom. Without freedom of speech, freedom of thought is swiftly lost. After that, all other freedoms are very easy to take a way.

Of course there are consequences to things said, as there are to actions taken, however each individual is free to suffer whatever consequences they might choose to incur. Donald Trump is free to say whatever he wants. He is free to think whatever he wants. And I will defend that right any day of the week.

Now – about the content. Does being captured and held as a prisoner of war make you a hero?

America seems to be a very confused nation…

A hero is someone who has overcome something terribly dangerous or difficult. A hero is someone who put the well-being of others before their own safety. Someone who overcame limitations that would normally hold others back.

I know what heroes are. Israel is full of them.

One thing that I can say for sure is that heroes never call themselves a hero. They tend to shy away from any mention of their heroic actions. They don't look for the limelight.

Heroes will tell you that they didn't do enough. That others did more. They are the people who run into burning buildings or pull people out of burning tanks and despair over the lives they did not save.

If you have a relative who fought in WWII ask him. They will all tell you, regardless of their actions during the war: "The heroes are the ones that didn't come back."

Being captured doesn't make you a hero. Being captured and helping others escape is heroic. Being captured and helping others stay sane and hopeful is a type of heroism. Surviving torture and succeeding in building a normal life afterwards takes heroic effort.

Heroism isn't necessarily one grand action. Overcoming the endless little challenges of a difficult life is a kind of heroism too. The poor single mother that works multiple jobs and makes sure her children are educated, well brought up and stay out of gangs and crime is a hero too. She too, in her own way, is saving lives against all odds.

Being an Olympic athlete doesn't make you a hero. Being a basketball player or movie star doesn't make you a hero. Christopher Reeve for example, was Superman in the movies – until a riding injury paralyzed him from the neck down – and he became Superman for real. Like being taken hostage, it is not the injury that made Reeve a genuine Superman, it is what he did with his life afterwards. It is not the position or a condition a person is in, it is the choices they make about what to do with the situation or condition they are in.

While average people run away from danger, heroes run towards danger.

While average people worry about protecting their own lives first, heroes worry first about others.

While average people congratulate themselves on their achievements, heroes tend to despair over what they did not achieve, wishing they had done more.

Americans probably imagine heroes as big strong men with bulging muscles that are never afraid. Living in Israel has taught me that heroes come in all shapes and sizes. Heroes tend to be people that are afraid and do things anyway. That is the true meaning of courage. Heroes are people that insist on doing what is right, no matter how their actions might affect their own personal safety.

Being a POW didn't make John McCain a hero. I have no interest in the man himself or his military record. Personally every time I hear his name the picture of McCain hugging Syrian 'rebels' comes to mind. No amount of PR spin can put a good flavor on that… (does anyone remember the time when the world was horrified at the Syrian 'rebel' eating the liver of the enemy he had just killed?). The friend of my enemy's enemy is not my friend.

Yael laughed when one of them called her a hero. The slash marks evident on her face she said: "I just did what I had to do." And then looking straight in to the camera she said: "I want a message to go out to all the people. Each one of us has more strength inside than you would ever imagine. Use it. Don't ever give in. Don't ever give up"

For those who don't recognize heroes in their own lives, I can give examples of real Israeli heroes. They are real people. Not characters in movies or storybooks.

They are the mothers who fought armed terrorists with bare hands to save their children. Yael is one of them. They are the every-day heroes who strive to save lives, even under fire. They are the soldiers who sacrificed themselves to save those they were responsible for like Roi Klien. They are the regular people, the civilians like Haim Smadar who purposely placed themselves in front of terrorists to protect others. They are the leaders like Ziv Shilon and the freedom fighters who speak for what is right although it puts them in life threatening danger like Muhammad Zoabi and Yehuda Glick. The list goes on and on…

I know what heroes are. Israel is full of them.

These are the people I live amongst.

Forest Rain was born in Detroit and 'made aliyah', immigrated with her family to Israel at the age of thirteen. She served in the IDF (service is obligatory for all Israeli citizens). Forest is a Marketing Communications expert – writing for hi-tech companies for a living and Israel for the soul. Connect with Forest Rain, Writings from Israel: http://forestrain.wordpress.com, Twitter: @frisrael, Email: lionheart.e@gmail.com

STRAIGHT FROM Sal's PIZZA | SINCE 1990 BOSTON'S NORTH END

TRY OUR

BBQ CHICKEN PIZZA

Marinated grilled chicken, smoky BBQ sauce and mozzarella!

GREAT BARBECUES DON'T NEED A GRILL!

WWW.SALS-PIZZA.COM